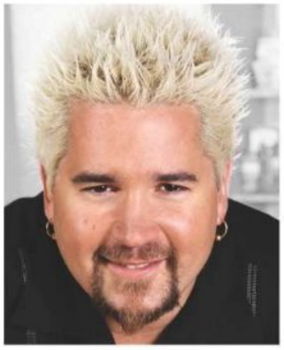
food network magazine

COOK LIKE A STAR!

Bobby's BEST STEAKS

Emeril's GARDEN PESTO



Guy's FAMILY PICNIC

MAKE YOUR OWN *ice cream truck treats*

COULD YOU BE The Next Food Network Star?

Cook Out!

50 awesome burgers, including this **TACO BURGER**

+ potato salad, slaw and more

129 NEW RECIPES

Easy Weeknight Dinners

Lemonade with a twist! page 154

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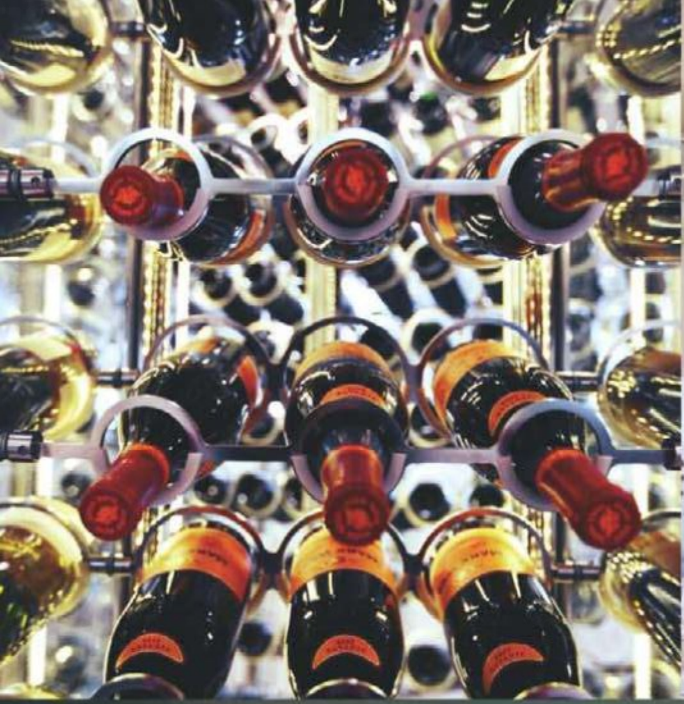

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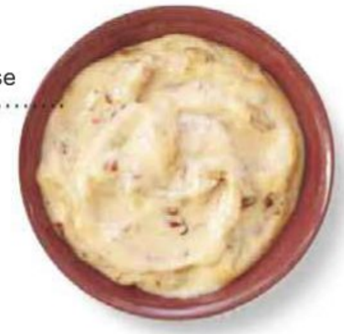

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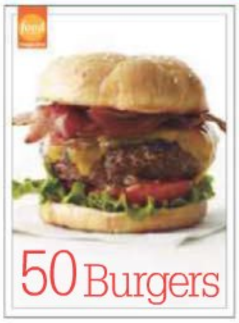

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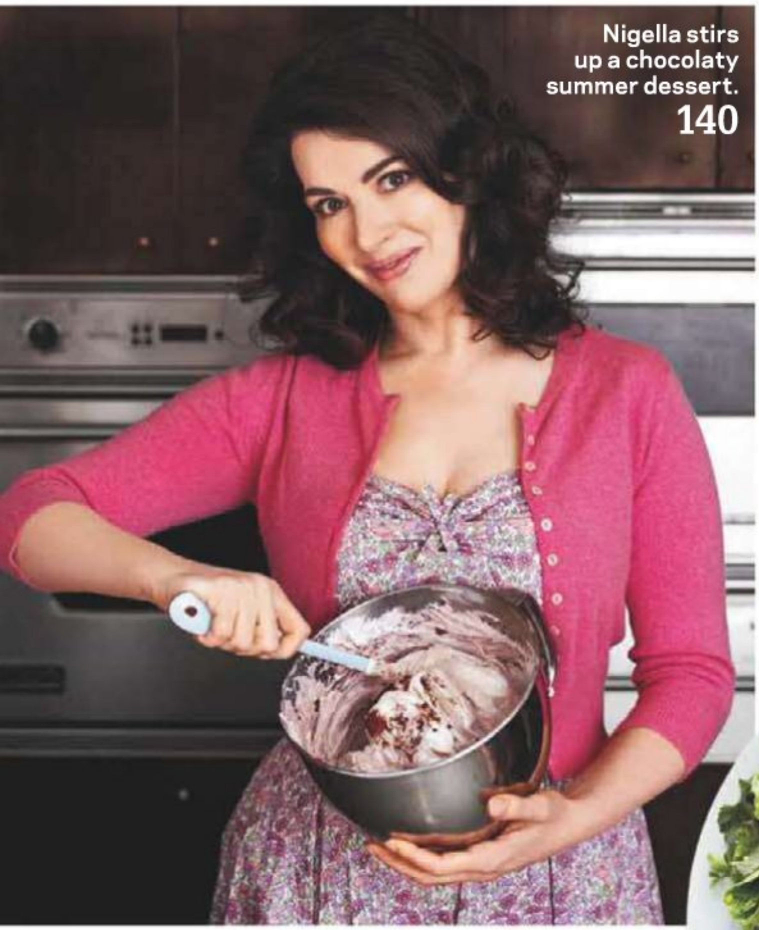

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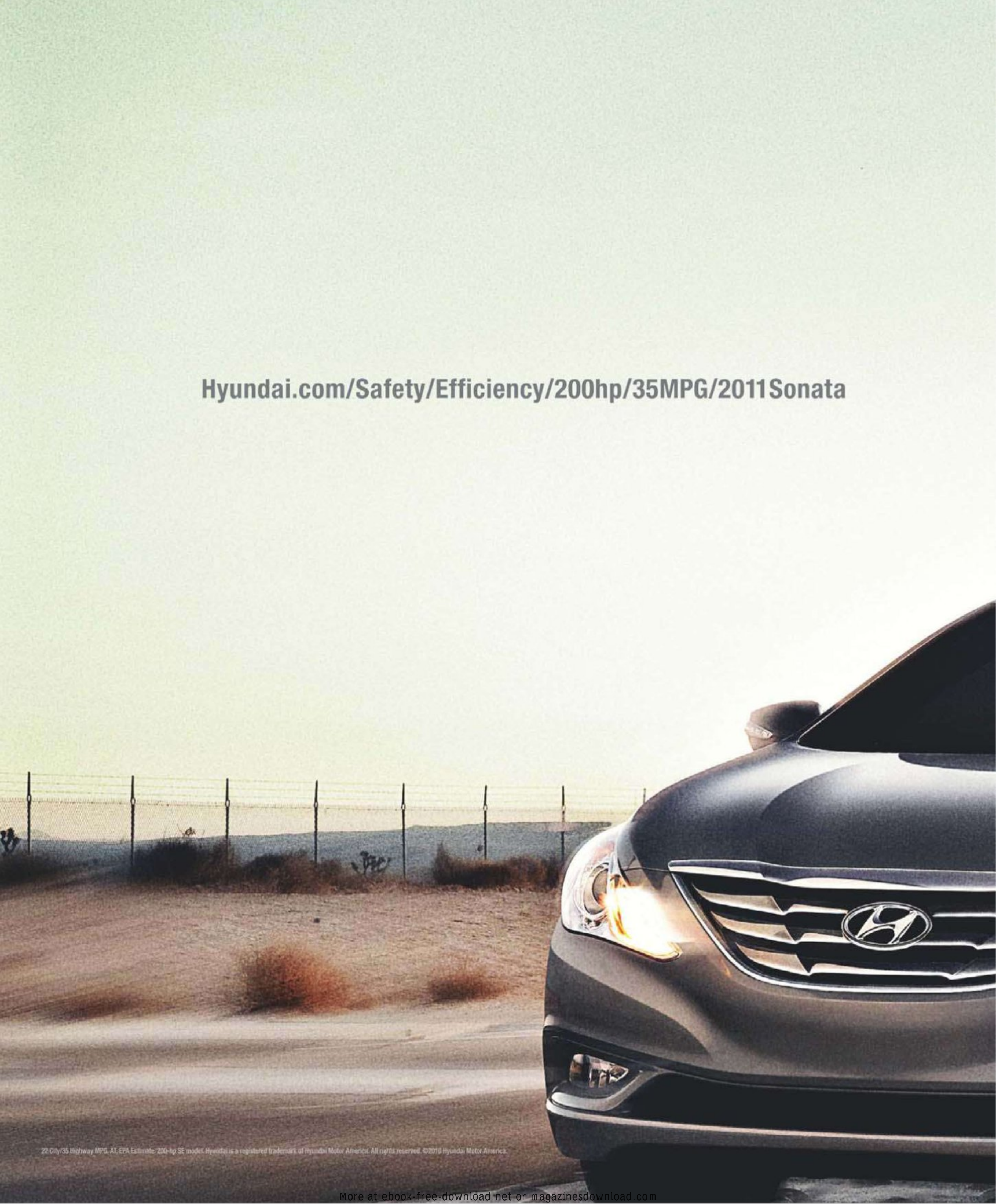

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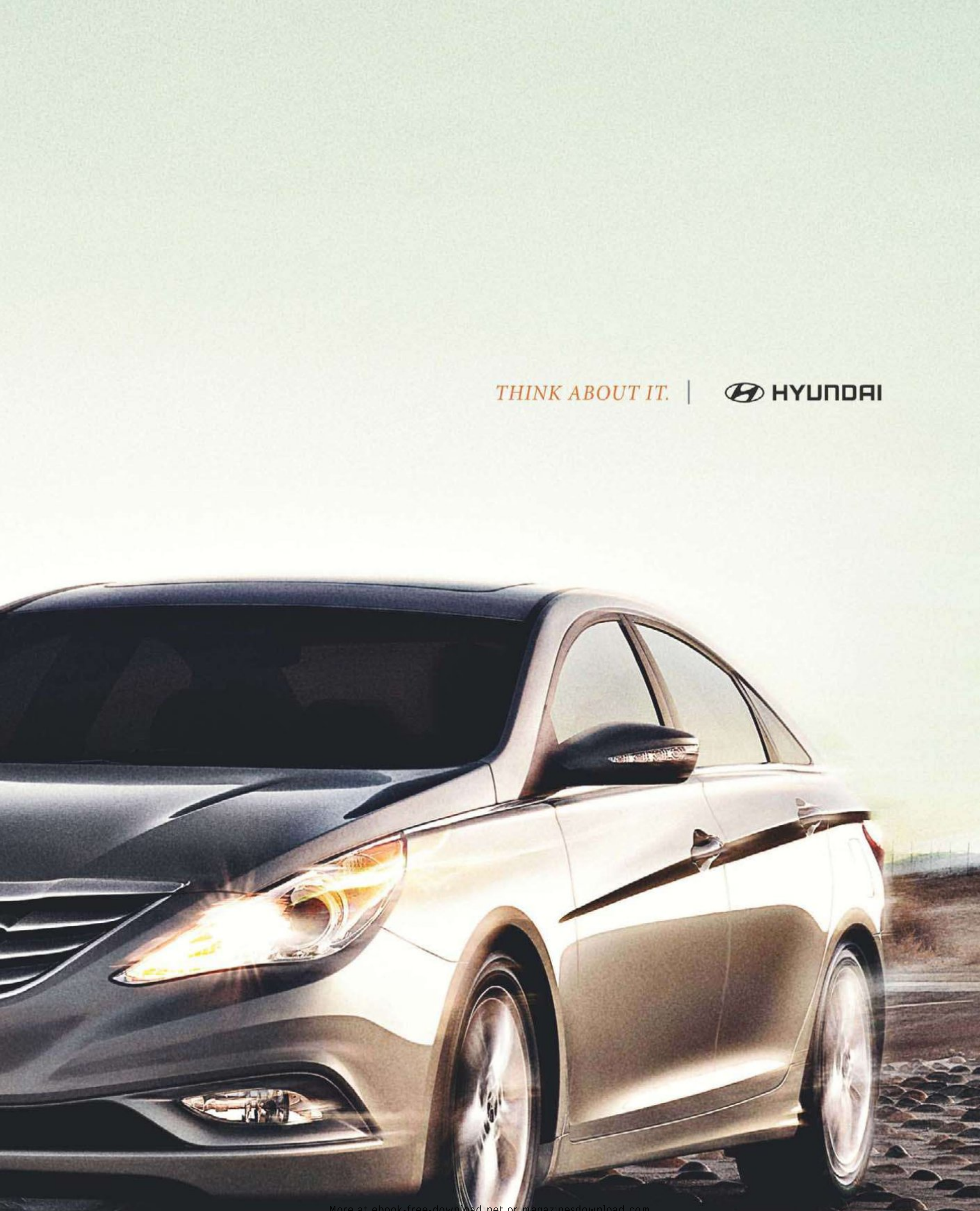

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PARMESAN CRUSTED CHICKEN

Servings: 4
Prep Time: 10 minutes
Cook Time: 20 minutes

WHAT YOU NEED

- ½ cup Hellmann's® Real Mayonnaise
- ¼ cup grated parmesan cheese
- 4 boneless, skinless chicken breast halves (about 1-¼ pounds)
- 4 teaspoons Italian seasoned dry breadcrumbs

HOW TO MAKE IT

1. Preheat oven to 425°.
2. Combine Hellmann's® Real Mayonnaise with cheese in medium bowl. Arrange chicken on baking sheet. Top evenly with mayonnaise mixture, then sprinkle with breadcrumbs.
3. Bake 20 minutes or until chicken is thoroughly cooked.

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5-MINUTE COLESLAW

Servings: 8
Prep Time: 5 minutes

WHAT YOU NEED

1 cup Hellmann's® Light Mayonnaise
2 tablespoons lemon juice
2 tablespoons sugar
½ teaspoon salt
1 package (1 pound) shredded coleslaw mix or 6 cups shredded cabbage

HOW TO MAKE IT

1. In large bowl, combine Hellmann's® Light Mayonnaise, lemon juice, sugar and salt.
2. Add coleslaw mix; toss well. Serve chilled or at room temperature.

THREE-POTATO SALAD

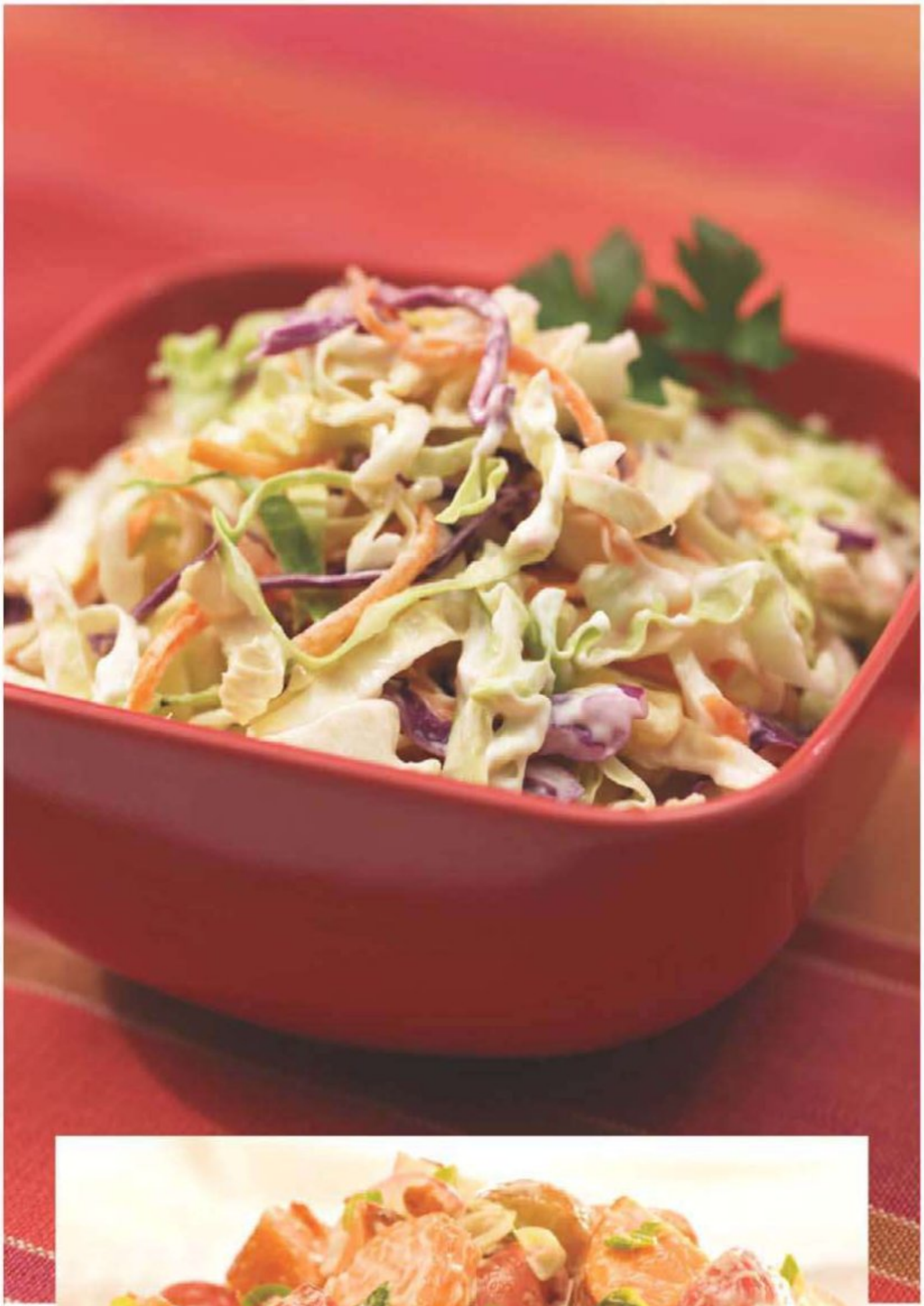
Servings: 12
Prep Time: 10 minutes
Cook Time: 14 minutes

WHAT YOU NEED

3 pounds assorted potatoes (all-purpose, red, and/or sweet potatoes or yams), unpeeled and cut into 1-inch pieces
½ cup Hellmann's® Real Mayonnaise
1 tablespoon Dijon mustard
¼ cup sliced green onions
4 slices bacon, crisp-cooked and crumbled (optional)

HOW TO MAKE IT

1. Cover potatoes with water in 4-quart saucepot; bring to a boil over high heat. Reduce heat to low and simmer 14 minutes or until potatoes are tender; drain and cool slightly.
2. Combine Hellmann's® Real Mayonnaise with mustard in large bowl. Add potatoes and onions and toss gently. Season to taste, if desired, with salt and ground black pepper. Serve chilled or at room temperature. Just before serving, sprinkle with bacon if desired.



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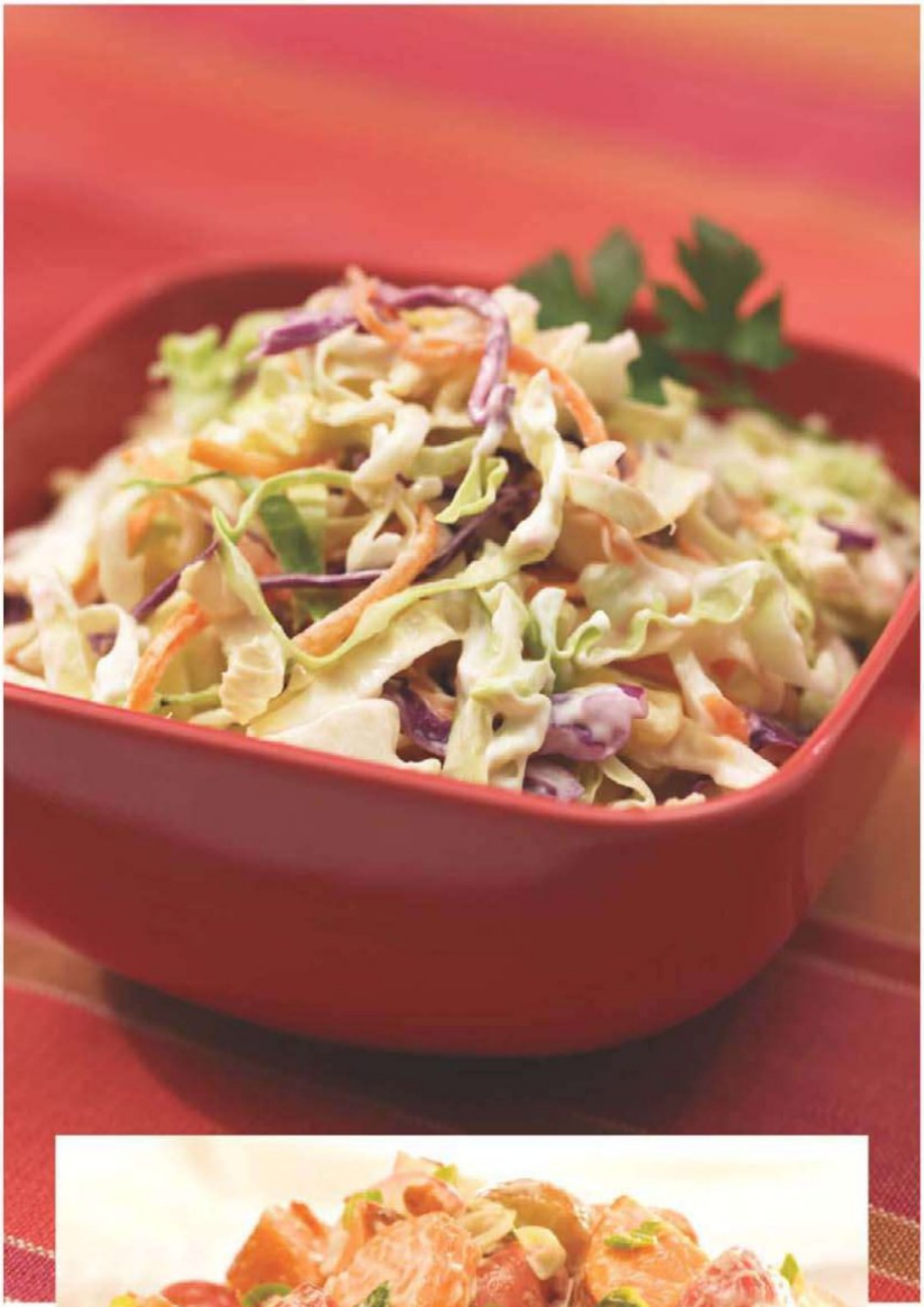

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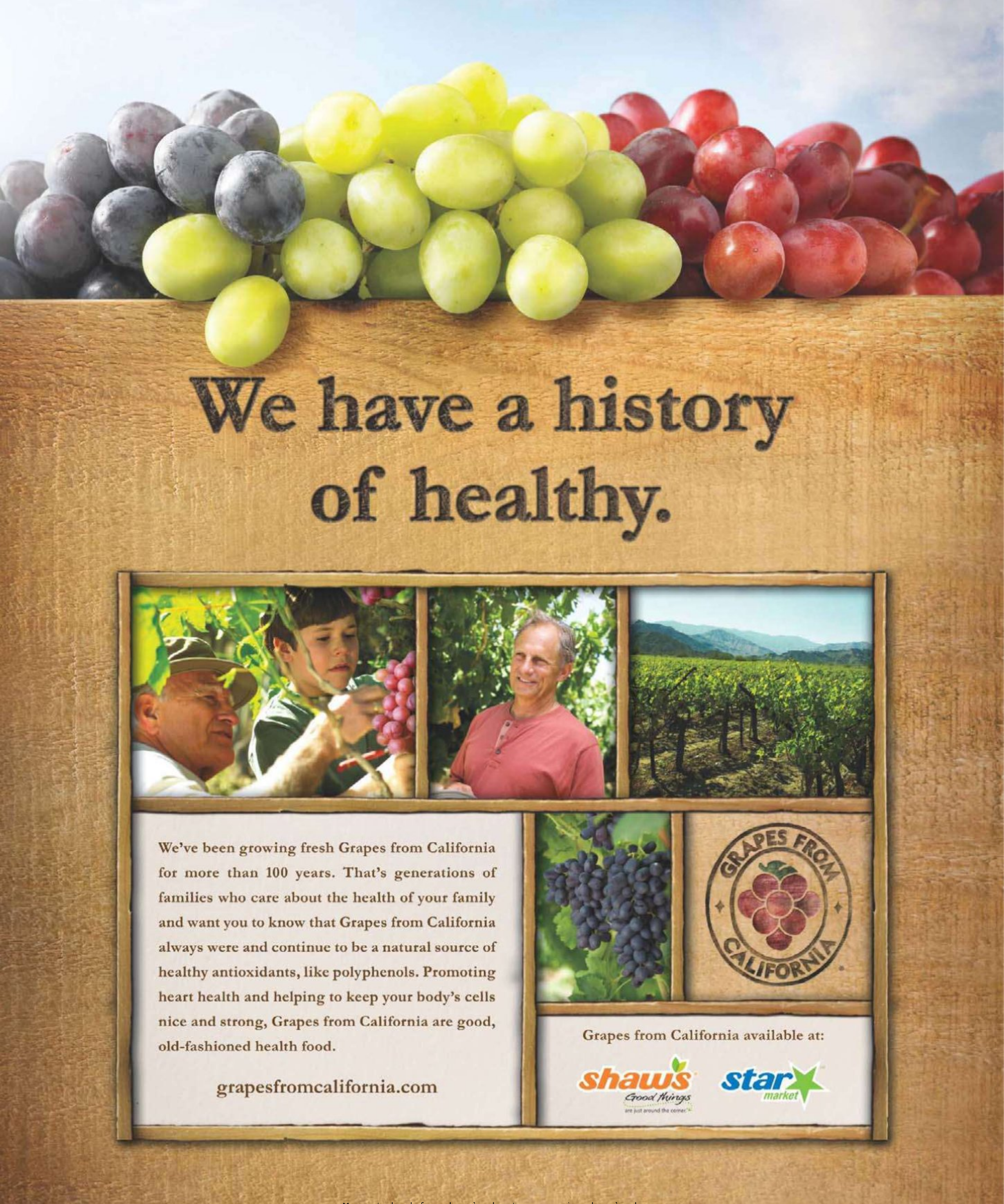

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Fire It Up!

Of all the food-related laws on the books, this one is the toughest for me to accept: It's illegal to grill out in my hometown (or in most parts of it, anyway). New York City, it seems, is just too crowded a place for open flames. I'm usually a law-abiding citizen, but I've definitely grilled a meal or two on my roof—safely, of course, with a fire extinguisher nearby—but illegally nonetheless. Maybe I was hoping the fire department would understand. One night years ago, my brother-in-law set off the smoke alarm while grilling in the open-air stairwell of his apartment building. The firemen came and made us shut off the grill, and as they were leaving one of them said, "Open flames, man? What were you thinking?" Dave replied as honestly as he could: "Um, it just tastes better." The firemen nodded and left. How could they argue otherwise?

Assuming you live in a more cookout-friendly town, this issue should give you plenty of reasons to fire up your grill: You'll find Bobby Flay's perfect steak on page 147, some big fat pork chops on page 139 and a whopping 50 burger recipes on page 152. Dessert? When I was a kid, we left that up to the ice cream man, but talk about stressful: Half the time the truck was gone before we could get money from Mom. Problem solved with Food Network Kitchens' ice cream treats on page 92. They taste just like your old favorites from the truck, and you don't have to run down the street like a lunatic to get them.

Maile

Maile Carpenter
Editor in Chief

Win it!

Bobby Flay signed this grilling fork right after our photo shoot for his steak story on page 146. Enter to win it, along with a whole set of tools from Bobby's Kohl's line, at foodnetwork.com/magazine.

No purchase necessary to enter or win. Bobby's Grilling Kit Sweepstakes is sponsored by Hearst Communications, Inc. Beginning May 18, 2010, at 12 a.m. ET, through June 11, 2010, at 11:59 p.m. ET, go to foodnetwork.com/magazine and complete and submit the entry form. One (1) winner will receive one (1) Bobby Flay 5-piece Griller's Kit with autographed meat fork, ARV: $79.99. Must be 18 years or older and a resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec Province and where prohibited by law. Odds of winning depend on total number of eligible entries received. Sweepstakes subject to complete official rules available at foodnetwork.com/magazine.

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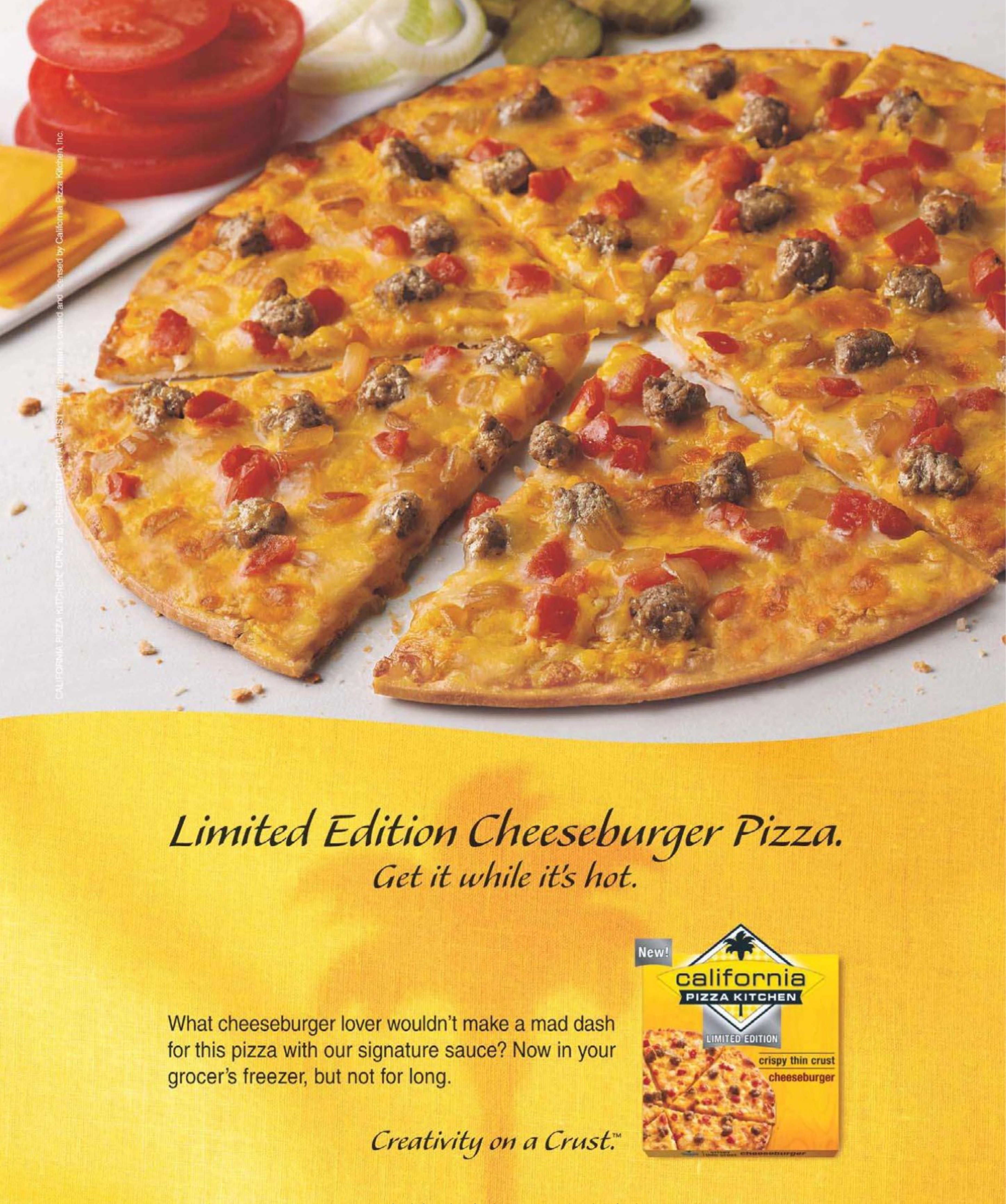

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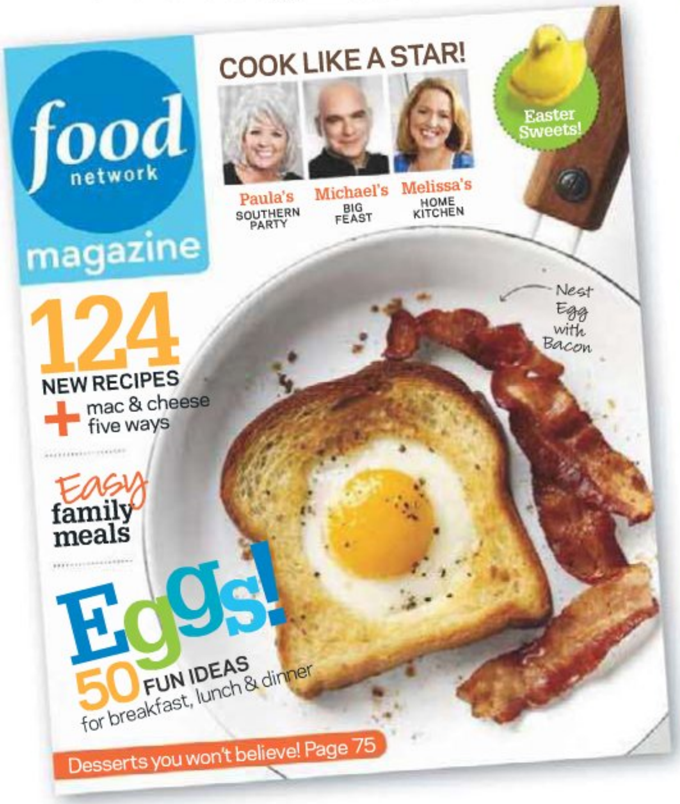
We Hear You...

You went crazy over **our big egg issue** and April Fools' desserts, but you had mixed feelings about our Passover recipes.

We got dozens of letters telling us that we had the wrong name for our "nest egg" on the April cover. Apparently, many of you have your own name for the egg-in-toast:



"Port Hole"
Judy Pinney, Longmont, CO

"Toad in the Hole"
Sharon Rinker, Waynesboro, PA

"Shotgun Toast"
Jeana Pethel, Nocona, TX

"Gas House Eggs"
Deborah Sigel, Gurnee, IL

"Birdie in the Nest"
Cyndie Dixon, Odenton, MD

"Egg in the Window"
Grace Gallo, Palm City, FL

The Nest Egg with Bacon on the cover of the April issue made my whole family chuckle. When my kids were little, this was a favorite. I always added a slice of melted cheese on top, and we called it "Egg in a Hole with a Blankie." I think this will be breakfast tomorrow.

Kris Frey
Menomonee Falls, WI

I was completely ecstatic when I saw that the April issue was about eggs! **I think eggs are one of the most versatile foods out there,** and I love having them for lunch and dinner even more than for breakfast.

Sara Sheridan
Athens, GA

You did us wrong on this one: In "Cooking Up the Cover" [April 2010], the photo of the hash with sunny-side-up eggs was definitely the winner. **The shot you used of the nest egg with a paltry amount of bacon didn't do breakfast justice.** It looks like what my friend (who regularly accompanies me to breakfast) leaves on his plate when he's finished!

Linda Loland
Des Plaines, IL

My daughter always puts jelly on her scrambled eggs, but **I never thought to make a sweet omelet until I saw your egg booklet** [April 2010]. What a great idea!

Staci Cruser
Rockville, IN

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Reader Letters

My youngest daughter, Deanna, and I couldn't wait to make the "sushi" from "Could've Fooled Me!" [April 2010]. We took a photo of our finished product on my cell phone and texted it to her dad. **He thought she had made real sushi!** Keep fun ideas like this one coming, and the budding chefs of the world will be plentiful.

Maria DiCosimo
Lynbrook, NY

Your recipes from "Could've Fooled Me!" were so much fun that **they inspired my 15-year-old son to do a cooking project with me (no small feat!).** We made the Rice Krispies sushi, and the only problem was that it looked so good we couldn't bring ourselves to start eating it.

Erica Lustick
Commerce Township, MI

Thank you so much for including Passover recipes in the April issue ["A Simple Passover," Weekend Cooking]. I usually prepare my traditional Jewish family recipes, but it's also nice to be able to create some of my own. **And thank you for the note about haroset—one less Passover side dish to pick my mother's brain about.** The pages are already clipped out and posted on my fridge!

Nicole Schmoll
Indianapolis

I was disappointed in your April issue. **I celebrate Passover, and the dishes that you included for it are not enough.** You had only one main dish and one side dish and not even dessert. The Passover seder is two nights, not one, and I was hoping to have lots of new dishes to try for both nights. Now I guess I will have to use the same old recipes I use every year.

Rachel Gabe
Long Beach, NY

I loved your April issue: so many great recipes to try. I already made the Beer-Braised Chicken [Weeknight Cooking], and wow! **Even the picky eater in the house asked for seconds.** I can't wait to try the other recipes I earmarked in the magazine.

Lynn Francis
Harleysville, PA

Oh my goodness! **Your Creamed Vidalia Onions recipe is too good** [Weekend Cooking, April 2010]. My husband and I have eaten it two nights in a row and can't wait to eat more. We had it with barbecue ribs, but I think it would go with just about anything. It's delicious.

Terry O'Hare
Bridgeton, NJ

My family and I tried the Buffalo-Chicken Macaroni and Cheese ["Mac + Cheese," April 2010], and it was a hit with everyone. **Such a no-fuss meal!** The tang of the blue cheese, just the right amount of spice from the hot sauce and the creamy cheese all married well. This recipe is definitely a keeper!

Felicia Lewis
Cincinnati

I had to let you know how successful your Jerk Turkey Burgers with Mango Slaw were [Weeknight Cooking, April 2010]. **"Good" does not do them justice.** My fiancé made them, and they were really, really good. We found a Paula Deen recipe for Mango Chutney on the Food Network website, topped the burgers with the chutney, put 'em on kaiser rolls and called it dinner! Absolutely wonderful.

Anna Carter
Dayton, NV

CLOCKWISE, FROM BOTTOM LEFT: ANTONIS ACHILLEOS; LEVI BROWN; MARK PETERSON/REDUX.

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I absolutely loved the article on Dinner: Impossible ["Preparing for the Impossible," April 2010]. I watch that show faithfully, and it was great to know that Robert Irvine actually has no idea where he's going or what he will have to do. I always thought it was all planned and that he just had to complete the mission in a certain amount of time. I am going to watch the show even more now because of that article.

Dawn Smith
Mechanicsville, MD

I have a complaint: Your magazines come too quickly! I was all set to make the ravioli [Try This at Home] and lemon bars ["Sweet Tarts"] from the March 2010 issue when you tempted me with April's Roasted Capon ["A Simple Passover"], homemade sushi [Try This at Home] and Buffalo-Chicken Macaroni and Cheese ["Mac + Cheese"]. Not to mention 50 ways to make eggs! **How is a cook supposed to keep up?** At this rate, I'll be making summer dishes in December. Thanks for all the great ideas—I'm having a ball!

Sharon Brown
Fairfax, VA

My 2½-year-old son, Levi, and I love to cook together. We wanted to make your Classic Lemon Bars ["Sweet Tarts," March 2010] but didn't have any lemon juice. I used key lime juice instead. They were wonderful! **We ate them so fast, I hardly had time to snap a picture before they were all gone.**

Leigh-Ann Draheim
Indialantic, FL

I am newly vegetarian and was not sure if this magazine would be for me anymore. But after reading through the last issue, **I was excited to see that you include many vegetarian options** and recipes that can easily be tweaked to become meatless. Thank you for addressing this fast-growing group of eaters. Keep the recipes coming!

Jackie Shroyer
Detroit Lakes, MN

I am an aspiring chef. I recently made the Chickpea-Radicchio Salad [Weeknight Cooking, March 2010] because I thought it was creative and composed of vibrant colors and flavors. I added my own twist by sautéing the radicchio, and then deep-frying chickpeas to give the dish a little crunch factor. **Your recipes inspire me to continue moving toward becoming a successful chef one day!**

Dominique Hicks
Glen Allen, VA

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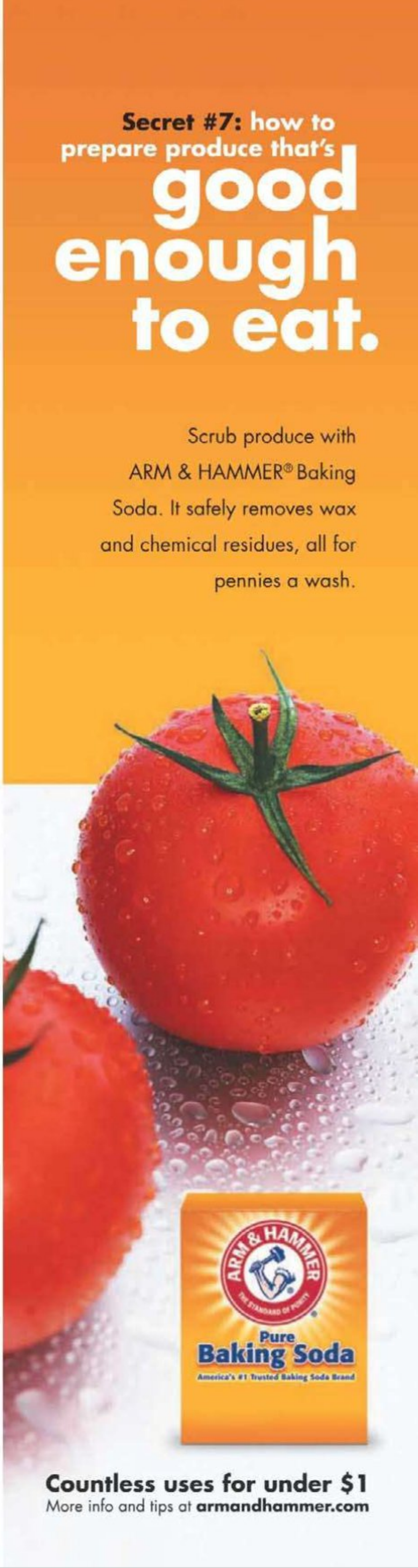

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You Asked...

Food Network stars answer your burning questions.

Anne, how did you become Mario Batali's sous chef on *Iron Chef America*? Did you start out in one of his restaurants?

Barbara Magierski
Harvard, IL

I worked at Mario's New York City shop, Italian Wine Merchants, preparing private dinners. Mario called me one day and asked if I wanted to join him on the show. I was so excited, I screamed at the top of my lungs! We have completed more than 25 battles together, and I am still loving it.

—Anne Burrell

Tyler, I know that you like to use copper pots. Why, and what should I look for when purchasing them?

Robin Henderson
Washington, D.C.

I do love cooking with copper—it's a fantastic conductor of heat. When shopping for cookware for your own home, look for heavy-bottomed pots and pans that have some real weight to them. Falk Culinair makes the cookware I use on *Tyler's Ultimate*, but Mauviel has some beautiful pieces as well.

—Tyler Florence

Paula, what is your favorite late-night snack after a long day of work?

Madison Owen
Raleigh, NC

There's nothing better than a peanut butter and jelly sandwich. I like to have mine with a big ole glass of milk. It's a classic that fills my belly to the brim!

—Paula Deen

Emeril, I like to fry with bacon grease, but I can't cook enough bacon to keep up my stock of it. Is there a substitute?

Carol Davis
Orinda, CA

After you fry bacon, you can keep the rendered fat in an airtight container in the refrigerator. If you find that you are running low, you can extend your supply by mixing the fat with a neutral-flavored oil, such as grapeseed or canola. You can also use olive oil to help stretch the grease, but don't waste your extra-virgin olive oil on this—its flavor will compete with the essence of the bacon.

—Emeril Lagasse

Duff, whose cakes are in the background when you do the interviews on *Ace of Cakes*?

Laura Sennuck
St. Catharines, Ontario

Those are all dummy cakes. They're Styrofoam cylinders covered in real fondant and icing. We typically make them when we're fleshing out ideas or trying something new. The ones you see on the show are our favorites. All of the cakes photographed for our book were dummy cakes, too. We're starting on our second book now, so there are a lot of these cakes around the bakery. The model cakes can last a long time—a few of them are six or seven years old.

—Duff Goldman

Paula's favorite late-night snack!

Have a question for a Food Network star? Write to us at foodnetwork.com/magazine.

DEEN: MIKI DUISTERHOF. FOOD PHOTO: JOHN HOLST/SHUTTERSTOCK.

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Other vacuums keep costing

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10 THINGS You Need to Know THIS MONTH

1 Spicy ice cream is a hot commodity.

Ice cream parlors across the country are on a chile kick.

Crushed-up Red Hots candies give some zip to the **"Red Hot" Banana** ice cream at San Francisco's **Humphry Slocombe** *(2790 Harrison St.; humphryslocombe.com)*. "It just seemed like a good idea," says owner Jake Godby.

Customers have to sign a waiver before trying a scoop of **Cold Sweat**—made with Thai chiles, habanero and pequín peppers, and hot sauce—at **Sunni Sky's Homemade Ice Cream** in Angier, NC *(8617 Hwy. 55 South; sunniskys.com)*.

An 11-year-old customer suggested **Barbecue Sauce** as a flavor for the Texas ice cream chain **Amy's** *(multiple locations; amysicecreams.com)*. It turned out to be so popular that Amy's added it to the permanent rotation.

Gus Rancatore, owner of **Toscanini's** in Cambridge, MA *(899 Main St.; tosci.com)*, says **cayenne-and-chipotle-infused Aztec Chocolate** is one of his most popular flavors. Now he's introduced a sorbet version and one studded with Hydrox cookies.

More than 3,000 flavors are available at **Max & Mina's** in Queens, NY *(71-26 Main St.; maxandminasicecream.com)*, so it's easy to find some with heat, like **sweet-and-spicy Cajun.**

PHOTO: CHARLES MASTERS; FOOD STYLING: VIVIAN LUI.

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2 Big-name chefs are playing with fire.

Several Food Network stars are opening new grill spots.

Next year, Iron Chef **Masaharu Morimoto** plans to launch Skewers by Morimoto in major airport hubs. (His team is eyeing Terminal 5 at LAX for the first location.) The menu will focus on yakitori, traditional grilled Japanese street food.

Jamie Oliver and American barbecue expert Adam Perry Lang are opening Barbecoa in London this October, with plans to expand across Europe. The duo will focus on "live-fire" global cuisine, like pit-roasted meat, Brazilian churrasco and bread baked in 900° tandoor ovens.

Emeril Lagasse is letting customers design their own burgers at Burgers and More at the Sands Casino Resort in Bethlehem, PA *(77 Sands Blvd.; emerils.com)*. For $14, you choose your bun, your meat (prime chuck, brisket or grass-fed beef) and your favorite mix of 25 cheeses, sauces and toppings, like balsamic-braised onions and andouille sausage.

Philadelphia is the latest location for **Bobby Flay**'s Bobby's Burger Palace chain *(3925 Walnut St.; bobbysburgerpalace.com)*. Classic items from the previous four locations, such as the Crunchburger (topped with potato chips), are available, but Philly is the only place where you can get your onion-and-hot-pepper-topped Philadelphia Burger finished "with Whiz."

Iron Chef **Michael Symon** is topping burgers with every kind of meat imaginable at his new Cleveland burger joint, B Spot *(two locations; bspotburgers.com)*. Best bet: the pastrami-and-slaw-topped Fat Doug, which won the ultracompetitive Burger Bash at this year's Food Network South Beach Wine & Food Festival.

3 The new question for wine buyers: glass or plastic?

Soda makers made the move from glass to plastic bottles years ago, and now vintners are catching on: **Fog Mountain Merlot** (*$12*) is the first California wine available in lightweight plastic bottles. The bottles look like standard ones, but because the plastic is thinner than glass, they actually hold 33 percent more wine. Meanwhile, **Think Wine,** imported from Portugal, is available in aluminum bottles (*$9*). It's ideal for summer: The aluminum bottle cools down five times faster than a glass one, so your rosé will be chilled before your burgers are off the grill.

It's made of plastic but looks like glass!

4

At your next dinner party, crank up the music and invite lots of people: Scientists have discovered that **sound heightens our perceptions of taste and smell,** which could be one reason food always tastes better in restaurants.

SOURCE: *JOURNAL OF NEUROSCIENCE*

BOTTLE: JEFFREY WESTBROOK/STUDIO D. LAGASSE: MICHAEL SPAIN-SMITH. ILLUSTRATIONS: DOROTHY CURY.

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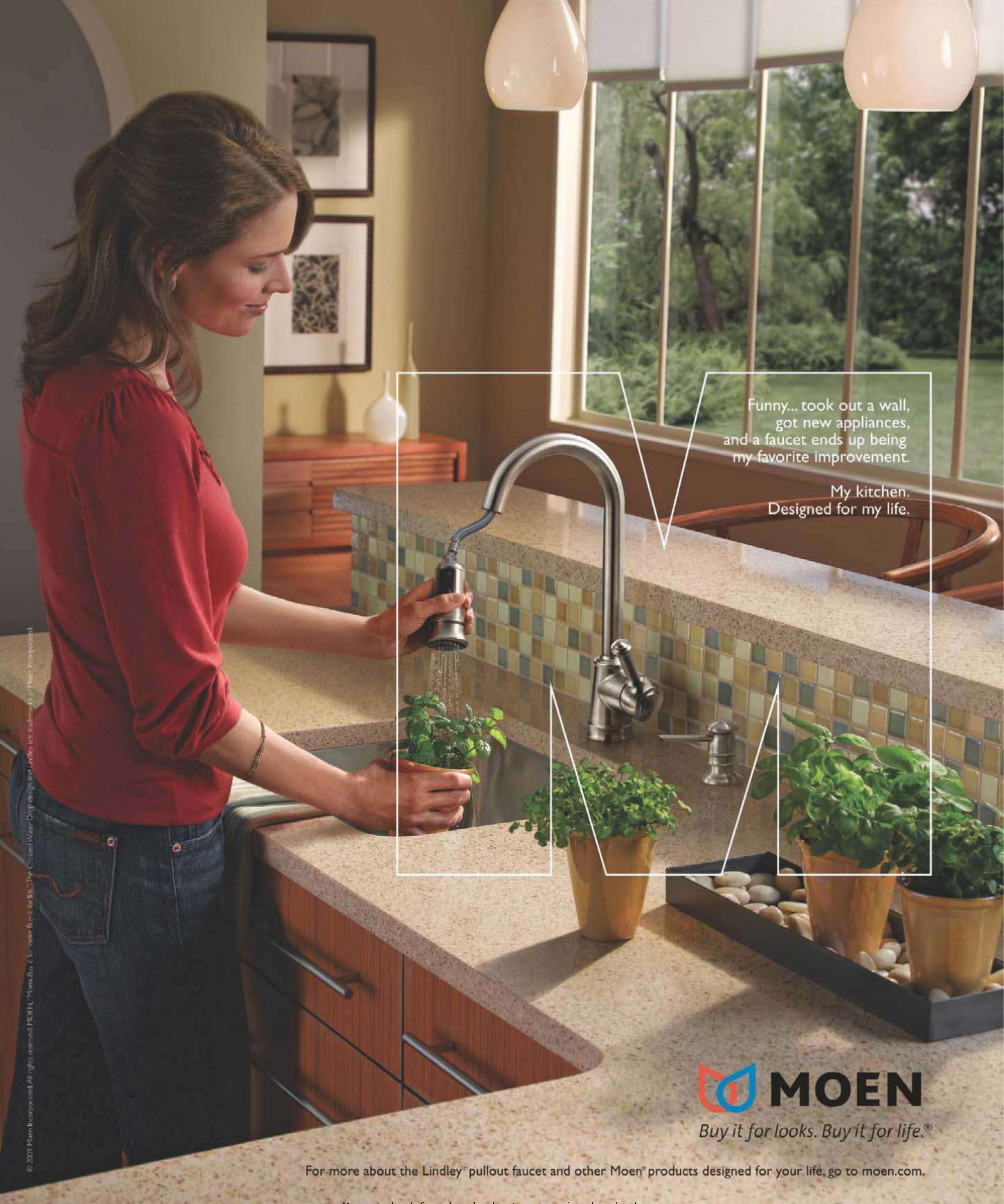

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5 Soda is back in fashion.

Soft-drink cans and bottles are getting second lives as jewelry and accessories:

Aluminum-can bottoms and pull-tabs give this handmade **Recycled Can Concho Clutch** from Escama Studio a tough exterior. *$145; momastore.org*

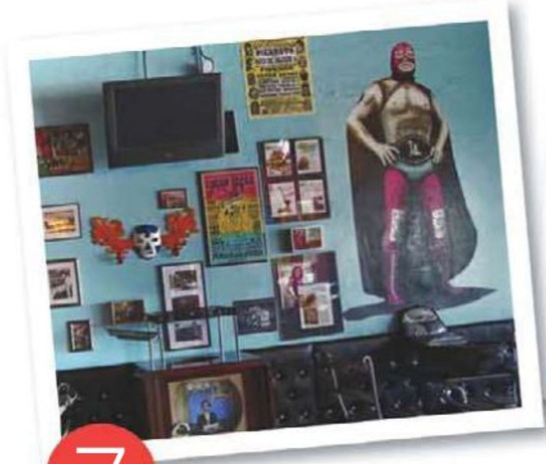
You know your **Recycled Tin Cuff Bracelets** will be made with found materials because the manufacturer can't guarantee a specific brand: You get whatever is available when you order. *$9 each; cspost.com*

These **Coca-Cola Bottle Earrings** come in two sizes: small glass rings (pictured), made from the mouths of two bottles, or larger 2-inch earrings, made from bottle bottoms. $56 to $68; *smartglassjewelry.com*

6 You can inhale your chocolate.

Maybe this is why French women don't get fat: The French are digging a new one-calorie "breathable" chocolate called **Le Whif.** The "inhalers," now available in the United States *($2.50 each; lewhif.com)*, release chocolate-scented air when you take a puff. We'll admit, it's not as satisfying as biting into a candy bar, but it's ideal for dieters who need a chocolate fix. Also available: coffee-flavored inhalers that release as much caffeine as a shot of espresso.

This chocolate is calorie-free!



7 Pro wrestling and tacos are a great match.

It was bound to happen: Taqueria owners, inspired by the cult-favorite film *Nacho Libre*, are decking their walls with the Mexican pro-wrestling garb that Jack Black made famous in the States. Luchador masks and capes line the walls at spots like San Diego's **Lucha Libre Gourmet Taco Shop** *(1810 West Washington St.; tacosmackdown .com)*, New York City's **Cascabel Taqueria** *(152 2nd Ave.; nyctacos.com)* and Philadelphia's **Distrito** *(3945 Chestnut St.; distritorestaurant .com)*, owned by Iron Chef Jose Garces. "It's just a very festive, carnival-like atmosphere," Jose says.

Mexican wrestling gear lines the walls at (from top left) Lucha Libre Gourmet Taco Shop, Cascabel Taqueria and Distrito.

PRODUCTS: JEFFREY WESTBROOK/STUDIO D. RESTAURANTS, CLOCKWISE FROM LEFT: ANTONIO ZARAGOZA; TODD MITGANG; STEVE LEGATO.

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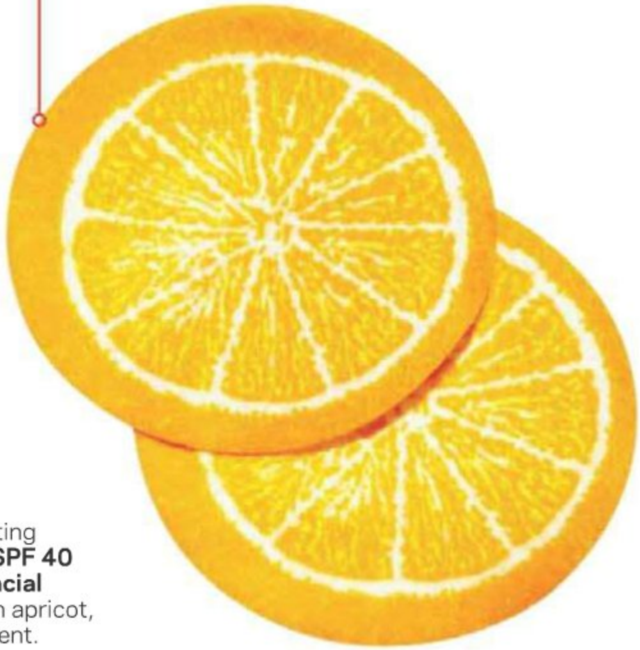
8 You don't have to smell like fake coconut this season.

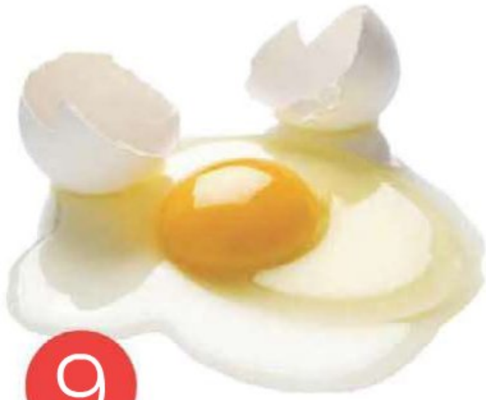
Try a few new flavors of summer skin care.

New **Earth Therapeutics Rejuvenal-C Orange Eye Pads,** which protect against skin damage after a day in the sun, are made with orange extract, so they smell as good as a Creamsicle. *$6 for 10 pads; earththerapeutics.com*



Strong sunblocks can sting sensitive skin, but this **SPF 40 Josie Maran Protect facial sunscreen,** infused with apricot, has a gentle feel and scent. *$32 for 2 ounces; sephora.com*

Some balms contain chemicals that leave your lips tasting like sunscreen, but all-natural **Burt's Bees Sun Protecting Lip Balm** tastes only of passion fruit. *$4 each; at drugstores*



9 Raw eggs are getting a once-over.

Good news for Caesar salad fans—or anyone who's nervous about raw eggs and salmonella: This summer, the FDA is cracking down and mandating that every large farm test its poultry and store eggs properly during transportation to avoid contamination. (Smaller farms, with fewer than 50,000 birds, have until 2012 to comply.) Many farms have done this voluntarily for years, but the FDA will now require proof of testing. The United Egg Producers organization says that with the new regulations in place, your chance of encountering a bad egg is about once every 84 years.

10 Some Food Network stars are landing new gigs.

Food Network's new sister station, Cooking Channel, launches May 31 with a whole new batch of food shows, plus some of your favorite Food Network stars, including Bobby Flay, Emeril Lagasse, Rachael Ray and Michael Symon. "It's going to be different for me—more relaxed, more food-focused and very technique-driven," Bobby says about his new show, *Brunch @ Bobby's.* The network wants you to help call the shots as Cooking Channel grows. Visit facebook.com and twitter.com, and say what you think.

TOP, FROM LEFT: JEFFREY WESTBROOK/STUDIO D (3); PEDERK/ISTOCKPHOTO.

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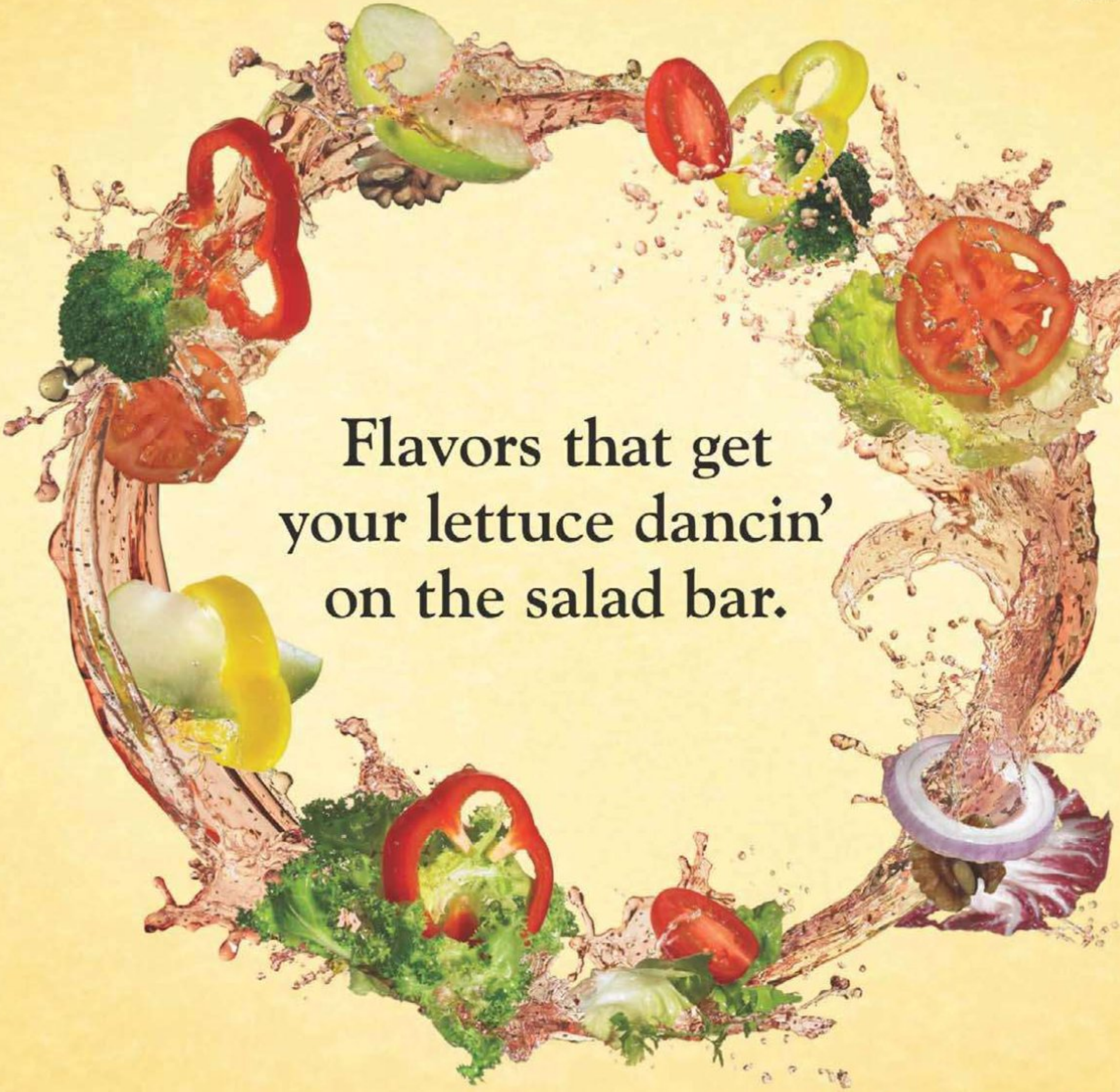

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In the Know

Check out a **snack-food wedding cake.** Then, stock up on new grilling gear and guess who will win *The Next Food Network Star.*

Marriage of Convenience

Brides looking to save a little cash should follow the lead of a few savvy newlyweds and serve dessert from the snack-food aisle. Couples across the country have been stacking up Ding Dongs and Ho Hos to stand in for their wedding cakes. Patten Laurel, from Queens, NY, even got Hostess to make a special batch of winter-white Sno Balls for her March wedding. These cakes have an added benefit beyond the cost, as Houston couple Amy Dinn and Jake Goldstein discovered on their first anniversary: They're still good a year later.

This cake cost $115 to make!

PHOTO: CHARLES MASTERS; FOOD STYLING: BRETT KURZWEIL.

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Ted Says...

Being a Food Network celeb isn't always a piece of cake. *Chopped* host **Ted Allen** has some tips for the next big star.

From top: Ted talks to a contestant on *Chopped*, consults with *Chopped* judges and samples a meal on *Iron Chef America*.

I had the pleasure recently of shooting an episode of *The Next Food Network Star*. I got to meet the competitors, taste some great food and wonder which one could become the next Ina, Alton or Bobby. I have my theories, which I'll keep to myself, but whoever wins is in for some big changes. It's tremendously fun and exciting to work for this network, but there are challenges, too. To that end, I thought I'd dish out some suggestions and insights for the champion—things to keep in mind during the transition to life as a celebrity chef:

You'll be recognized everywhere. Which sounds like more fun than it sometimes is. Feel like going to the market in sweatpants and Crocs? Think again. Fortunately, Food Network fans are a lot like Food Network stars—generous, passionate about food and excited to meet people who've made that passion their life's work. Enjoy and appreciate your fans. And get some Purell.

Going to Williams-Sonoma will never be the same. I learned in a Paramus, NJ, mall that the same people who buy peppermint bark and copper skillets are the ones watching *Iron Chef America*—and every other Food Network show. It took me 20 minutes to get out of there.

On a related note, you will wish camera phones had never been invented. Just today, coming home from the vet in Brooklyn, a chef stopped me outside his falafel place and asked for a photo. I agreed, of course, but it can really slow you down—and my cats were getting cranky!

Practice that autograph. People are going to ask for it all the time. You might want to think of catchphrases, too. Sometimes I'll write "To the best kisser in the room"; sometimes, "To Johnny, the next *Chopped* champion!" I once signed a kid's D.A.R.E. shirt: "Don't narc on your parents." (By the way, "Bam!" is taken.)

Just accept it: Nobody will ever want to cook for you again. If your experience is anything like mine, this will include your own mother. Why? Because now that you are on television, you are intimidating to home cooks. People don't want you critiquing their croquembouche, picking apart their paella, dissecting their dessert. Stick to the manners Mom taught you: Anything anybody cooks for you is delicious, whether it actually is or not. Don't analyze someone's tuna-noodle casserole—even if they ask you to.

You will meet many of the best chefs in the world. Get their cell numbers. This is very useful when you need a reservation at, say, Le Bernardin, where chef Eric Ripert once gave me a table on a few hours' notice when I needed to fete a producer. It's also great when you have a question about how to make gnocchi.

Be nice to your feet. Most people don't realize that shooting TV shows is hard work. Twelve-hour days, standing the entire time, are common. I learned this quickly; by the second day of shooting on *Chopped*, I was "gellin' like a felon." Really helped.

Be nice to your spouse. Hearing fans say how much they love you is less fun for him or her than it is for you, especially after the first few million times.

Landing a show is only the beginning. You now have to work hard and innovate to attract and hold an audience if you want that wonderful call from Bob Tuschman [senior VP of programming] telling you that you have been renewed for another season! Speaking of which...Bob?

Click! Send your food and restaurant questions to Ted at **foodnetwork.com/magazine.**

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Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions and whips up a cool summer snack.

Q: Is there a way to bring out the flavor of foods without using a lot of salt?

Sue Jones, Taylor Ridge, IL

A: Most of the salt we get comes from prepared, canned and processed foods, so simply cooking at home from scratch puts you ahead of the game. To maximize flavor but minimize salt in your dishes, use mostly fresh ingredients; choose low-sodium canned products; and focus on flavor-packed ingredients like citrus juice and zest, high-quality vinegars, chile peppers, garlic, herbs and spices. Then use a little salt to bring it all together and heighten the taste.

Q: I'm watching my blood sugar. Can you suggest some appropriate snacks?

Kelly Pope, Dublin, OH

A: Blood sugar affects every cell in our bodies, so it has wide-ranging effects on our well-being. Managing it helps stabilize our mood, keeps triglycerides down and can prevent impulsive eating. The key is to eat small portions of sensible foods throughout the day to prevent big spikes in blood-sugar levels. Every food has a different effect on blood sugar, but avoiding refined sugars and switching to whole grains will help most people. Snacks that make the grade are snap peas with hummus, plain Greek yogurt with nuts and berries, and ham-wrapped asparagus.

Have any after-dinner snack ideas?

My book club meets in the evenings, and it's hard to come up with after-dinner snacks that aren't sweets. Can you suggest a healthy, savory treat?

Danielle Corricelli, Malden, MA

A: This elegant bite is perfect for an evening gathering. The crunchy cucumber cups are a cinch to make, and they're a refreshing change from crackers. Plus, they provide satisfaction without a lot of calories, so you can enjoy them without going to bed stuffed. I filled the cucumbers with a rich, creamy smoked-salmon whip, but you could also use your favorite spread.

CUCUMBER CUPS WITH CREAMY SALMON WHIP

ACTIVE: 30 min | TOTAL: 1 hr 30 min | MAKES: about 24 pieces

- ½ cup low-fat cottage cheese
- 1 tablespoon nonfat or 1% milk
- 4 scallions, white parts only, sliced
- 4 ounces thinly sliced smoked salmon
- ¼ cup whipped cream cheese
- 1 tablespoon fresh lemon juice
- Freshly ground white pepper
- 2 large English cucumbers
- 1 tablespoon chopped fresh chives

1. Process the cottage cheese and milk in a food processor until smooth. Add the scallions, salmon, cream cheese, lemon juice and a pinch of white pepper and process until smooth and creamy. Refrigerate at least 1 hour or overnight.

2. Cut the cucumbers into ¾-inch-thick rounds, discarding the ends. Using a small spoon, scoop the seeds and some of the flesh out of each round to form a small cup.

3. Fill each cup with about 2 teaspoons of the salmon whip and sprinkle with the chives. Cover and refrigerate until ready to serve, up to 1 hour.

Per serving (3 pieces): Calories 60; Fat 3 g (Saturated 1 g); Cholesterol 10 mg; Sodium 190 mg; Carbohydrate 5 g; Fiber 1 g; Protein 5 g

FOOD PHOTO: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN.

Click! Send your healthy-eating questions to Ellie at **foodnetwork.com/magazine.**

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The Incredible Shrinking Chef

Iron Chef Masaharu Morimoto tells us how he dropped 40 pounds and gives us a low-cal recipe.

Left: Morimoto in 2006. **Above:** The chef, 40 pounds lighter.

Before Masaharu Morimoto was an Iron Chef, he was a baseball player in Japan. But when an injury sidelined him at age 18, he turned to his other passion—cooking—and put his exercise routine on the back burner. The chef admits his eating habits were bad: loading up on carbs and skipping the gym. "It's the most efficient way to gain weight," he jokes. He made five changes recently and lost 40 pounds in just three months.

1. First things first: Cut calories.
The chef slashed his calorie intake 35 percent by eating smaller meals and taste-testing less while cooking. He also added more fruits and vegetables to his diet.

2. Take a walk.
Between filming *Iron Chef America* and running restaurants around the world, Morimoto doesn't have a lot of free time. But now, he puts in about an hour on the treadmill every day and walks to work; it all adds up to three to five miles a day.

3. Sweat it out.
The chef wears a long-sleeve shirt while exercising. "I try to do things that make me sweat," he says. Once, he wrapped his torso in plastic wrap to shed water weight. But he's careful to stay hydrated, of course.

4. Skip the booze.
Chefs are around alcohol all the time, so it was tough for Morimoto to give up drinking entirely. He still enjoys his favorites—beer, vodka and shochu—but in moderation.

5. Cook at home.
Morimoto's wife, Keiko, cooks healthful Japanese dishes for the chef most nights. High-protein tofu has become a staple in Morimoto's new diet; this recipe from his wife is one of his favorites.

FOOD PHOTO: YUNHEE KIM; FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAM MORRIS. PORTRAITS, BEFORE: RICHARD CORKERY/GETTY IMAGES. AFTER: MARK PETERSON/REDUX.

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MASHED TOFU SALAD (SHIRA-AE)

ACTIVE: 15 min | TOTAL: 15 min
SERVES: 2

1 14-ounce package firm tofu
Kosher salt
8 cups spinach leaves
1 tablespoon sesame seeds
1½ teaspoons sugar
1 teaspoon mirin (sweet rice wine)
1 teaspoon soy sauce

1. Drain the tofu and wrap in paper towels to absorb excess water. Puree in a food processor until smooth, then transfer to a bowl and set aside.
2. Bring a large pot of salted water to a boil. Fill a bowl with ice water. Cook the spinach in the boiling water until wilted, about 2 minutes, then drain and plunge it into the ice water. Drain and squeeze out the excess water.
3. Toast the sesame seeds in a skillet over medium-low heat, tossing, until golden, about 3 minutes. Cool, then grind in a spice grinder. Stir the ground seeds, sugar, mirin, soy sauce and spinach into the tofu. Season with salt.

Per serving: **Calories** 277; **Fat** 15 g (**Saturated** 2 g); **Cholesterol** 0 mg; **Sodium** 285 mg; **Carbohydrate** 16 g; **Fiber** 7 g; **Protein** 25 g

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Star Kitchen

Renowned New Orleans chef **John Besh** shows us around one of the best party spots in the South: his tricked-out backyard kitchen. PHOTOGRAPHS BY **DAVID A. LAND**

FULL BAR
John's kitchen is equipped with two fridges, an ice maker and a beer tap. He's pouring pints of Lüke Fru here; it's one of three beers that are custom-brewed locally for his restaurant Lüke.

BAYOU BREEZE
Southern Louisiana often reaches a steamy 90-plus degrees in the summer, but an overhead fan keeps the kitchen comfortable. Breezes off the bayou help, too—the water flows right behind the house. "The boys and I have crawfish traps down there," John says.

DOUBLE GRILLS
John turns out some mean smoked meats, including homemade pepperoni, on his 240-pound combo smoker-grill (left). When he's at work, his wife, Jenifer, often fires up their gas grill (above) to make burgers for the boys.

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Louisiana native John Besh owns six New Orleans restaurants, but the real action is in his two kitchens at home. "We might have 20 to 40 people over on any given Sunday," says the chef, who lives in Slidell, LA, with his wife, Jenifer, and their four sons (Brendan, 14, Jack, 9, Luke, 7, and Andrew, 5). While there's plenty of room for a party inside, the couple's backyard kitchen—or, as John calls it, the outdoor living room—is the place to be: There's a smoker, a pizza oven and, if you need a post-meal workout, a built-in pool. John designed it all himself—on the back of a napkin.

John once roasted a Thanksgiving turkey in here!

WOOD-BURNING OVEN
This restaurant-style pizza oven makes the Besh home a popular hangout. "You want all the kids to come to your house," Jenifer says. "And with a pool and pizza, it's a party!" John built the oven with a kit he bought online. Pizza night requires a little planning: The oven takes about three hours to preheat.

RECLAIMED MATERIALS
John and Jenifer's outdoor kitchen was built almost entirely from salvaged local materials, including the bricks, cypress wood and slate. "It was like a scavenger hunt to find it all," John says.

Turn the page to get John's look.

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Get the Look

Set up your own kitchen like John's.

John tested pizzas for his new restaurant, Domenica, in his wood-fired pizza oven. Create your own pies in the great outdoors with this **pizza stone:** It's designed to go right on the grill. *$50; weber.com*

The couple doesn't keep an extra set of decorations for their outdoor kitchen; they just bring out pieces similar to this hurricane-style **Amfora lantern** from inside. *$22; jamaligarden.com*

You don't need a real tap: Serve beer from a **BrewTender** tabletop tap. An ice chamber keeps beer cold without watering it down. *$54; taverntoys.com*

John and Jenifer like to support local shops. They found these **fleur-de-lis glasses** in a New Orleans jewelry store. *$40 for four; mignonfaget.com*

The chef grows artichokes, berries, figs and herbs at home. This **wire planter,** similar to the one he uses for herbs, has a coconut-based liner that helps keep the soil moist. *$21, Oregon Wire; farm-home.com*

John's **charcoal ceramic cooking capsule** functions as a smoker, grill and oven in one. *$3,400; vikingrange.com for stores*

PRODUCTS: BEN GOLDSTEIN/STUDIO D (5). GRILL: VIKING RANGE CORP.

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The Ultimate Griller's Wish List

We asked readers to tell us their biggest grilling challenges, then we found just the right gear to help.

PRODUCTS: JEFFREY WESTBROOK/STUDIO D. GRASS: STEVE GIRALT.

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For the

You love to grill, but you're not the best cook? These tools will help.

"Sometimes his meat is a little overdone, and sometimes it's perfect. We could use one of those high-tech meat thermometers."
Hattie Edman with husband Jeff Sioux Falls, SD

Check your meat's doneness with a digital **BBQ fork thermometer;** you can set it for beef, lamb, pork, chicken or turkey. *$30, Picnic at Ascot; bn.com*

You can smoke food right on these **grilling planks,** made of sugar maple, cedar and other woods. They're pretty enough to double as plates. *$11 for two; afireinc.com*

Turn to page 148 for some of Bobby Flay's favorite steak rubs!

The extra-long tools in this chef-approved **griller's kit** fit in a roll-up canvas case for easy storage. *$80, Bobby Flay; kohls.com*

This no-nonsense **meat tenderizer** cuts deep into meat so marinades will work their magic all the way to the center. *$80, Impressor; chefscatalog.com*

Consider this **spice stick** your outdoor spice rack: Just fill the four interlocking shakers with your favorite rubs and seasonings. *$20, Char-Broil; amazon.com*

PORTRAITS: MARK PETERSON/REDUX.

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For the

You've conquered steaks and chops—time to grill something new.

"We'd like to try grilling something out of the ordinary—not just hot dogs and burgers. We were in Spain once, and they cooked all sorts of things on the grill—it was so cool!"

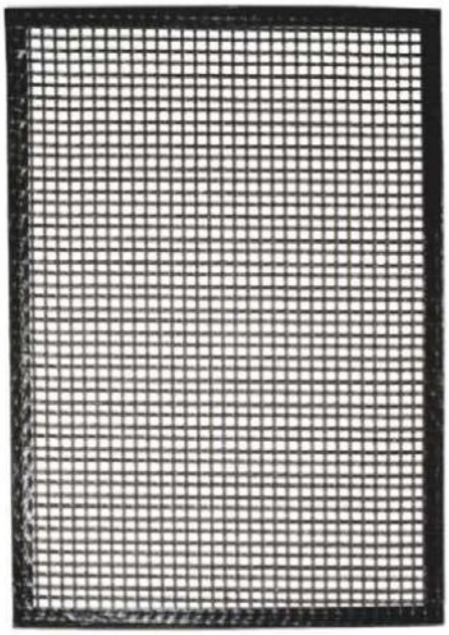
Eileen Rabbath with husband Jean-Paul Concord, NH

Putting meat and veggies onto extra-long skewers can be a chore; loading this **barbecue branch skewer** is a snap. *$12, Chef'n; chefsresource.com*

Instead of smoking up your kitchen with a stir-fry, make it outside in a **nonstick grill wok.** *$15, Charcoal Companion; cheftools.com*

Put this **Himalayan salt plate** right on the grill, and use it as a surface for searing fish or meat: It'll season the food as it cooks. *$40, Saltworks; surlatable.com*

This **pepper grill rack** takes all the work out of roasting peppers: no rotation required. *$13, Charcoal Companion; broadwaypanhandler.com*



Keep flaky fish and bite-size shrimp from falling through the grates with a reusable **grill sheet.** *$20; chefsplanet.com*

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For the

You're a gadget geek who wants more toys.

"We grill all year long—even if there's a snowstorm! We have all the tools and seasonings we need, but we're always looking for fun new stuff that makes grilling easier."
Allan Abolafia with wife Susan Poughkeepsie, NY

Marinades, barbecue sauce and cheese wreak havoc on a grill. This brass-bristle **motorized BBQ grill brush** will go to town on dirty grates. *$24; maxiaids.com*

Grill late into the night—in any season—with a flexible **LED barbecue grill light.** The magnetic base and adjustable screw clamp will keep it in place. *$20, Chefmate; target.com*

This comfy **T-shirt** tells everyone who's in charge of the grill. *$20; redenvelope.com*

This 19-inch **BBQ sword skewer** is great for flipping hot dogs—or keeping hungry diners at bay. *En garde! $25, Decor Craft Inc.; thinkgeek.com*

Keep an eye on multiple "orders" at once by popping a **steak button thermometer** into each piece of meat. *$20 for four; surlatable.com*

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For the

"When we have a cookout, we'll invite as many as 100 people. We like to theme our parties and are always looking for new decorations."

Cindy Butler with husband Roy
Pittsburgh

You've got the food down—it's your table that needs work.

Turn your patio into a retro burger joint with a set of classic **BBQ baskets and squeeze bottles.** It comes with the wax-paper inserts!
$17 for eight baskets and two bottles; retroplanet.com

Serve the entire gang at once with an oversize 14-by-20-inch **platter.**
$50; at Williams-Sonoma stores

This will be the only burger that doesn't get devoured—it's a **salt-and-pepper-shaker set.**
$7; at Pier 1 Imports stores

Use the removable silicone pockets on this **chip and dip bowl** to separate mild, medium and hot salsas.
$35, Ärta; momastore.org

Live your dream of owning three grills (even if they're miniature) with this ceramic **barbecue condiment set.**
$30; kitchenkapers.com

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Locking Lid.

Sealed Inner Pouch.

Premium Taste!

The Hillshire Farm locking lid and sealed inner pouch deliver fresh taste and quality by keeping air out and moisture in. Save the tub and keep grapes, strawberries or sliced fruit for your kid's lunch as fresh-tasting as our lunchmeat.

During the summer, your kids are always on the move. Hillshire Farm Deli Select® lunchmeat is a great-tasting way to please little ones' appetites during their breaks from play.

KEEP IT COOL

Add the fresh summer color, taste and texture of plump tomatoes, crisp cucumbers, cool melon or crunchy carrots to a **HILLSHIRE FARM DELI SELECT Honey Ham** sandwich.

TURKEY WITH A TWIST

Try slow-roasted **HILLSHIRE FARM DELI SELECT Mesquite Smoked Turkey Breast** between two soft slices of pretzel bread with tangy mustard.

WARM WEATHER CRUNCH

Fruits and veggies—with their high water content—help sneak some extra hydration into sandwiches on a hot day.

ROLL WITH IT

HILLSHIRE FARM DELI SELECT Oven Roasted Turkey Breast wrapped around cheese fits small hands and is ready for dipping! Try guacamole, salsa or savory barbecue sauce.

KEEP IT FRESH

Pack a frozen drink in your kid's lunch to keep it cool. And double-wrap sandwiches and fruit individually in plastic wrap to lock in moisture—it also keeps food cooler than aluminum foil.

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Lucky Stars

Meet the new crop of contestants vying to become **The Next Food Network Star.**

Dzintra Dzenis

CHEF AND CULINARY INSTRUCTOR
Austin
Backstory: She began catering at age 17 and cooked for 25 years before enrolling at Le Cordon Bleu at age 42. Now, she hosts cooking classes and supper clubs.
Culinary specialty: Modern twists on classics.
Competitive edge: She's persistent and driven—Dzintra auditioned for the show in the past but didn't give up on making the cut.

Doreen Fang

CATERER
Los Angeles
Backstory: Tired of eating only Chinese food, at age 10 she taught herself how to make American classics like spaghetti.
Culinary specialty: Multicultural recipes inspired by her travels.
Competitive edge: A natural competitor, she's willing to go the extra mile, literally. She flew to Seattle for a day, just to eat.

PRIVATE CHEF
Clarksville, IN
Backstory: He intended to become a minister before changing paths and going to culinary school.
Culinary specialty: Simple, straightforward cooking. (He says he refuses to make dishes "with 75 ingredients.")
Competitive edge: Alexis keeps his food approachable, which always resonates with judges and viewers.

Alexis Hernández

CATERER
Atlanta
Backstory: She spent time in Paris and South America and grew up around food lovers. "I have beef stock running through my veins," she says.
Culinary specialty: Elegant international fare.
Competitive edge: Brianna taught group culinary classes for two years, so she's at ease showing people how to cook.

Brianna Jenkins

Aria Kagan

PRIVATE CHEF
Hollywood, FL
Backstory: As a kid she ate California-style cuisine in her parents' Wisconsin restaurant, then went on to teach at Le Cordon Bleu in Miami.
Culinary specialty: Healthy recipes, like vegetarian chili, one of her signature dishes.
Competitive edge: Aria claims her son is the world's pickiest eater, so she knows how to make kids—and moms—happy.

Herb Mesa

PERSONAL TRAINER
Atlanta
Backstory: The father of two is all about nutritious cooking: He dropped 35 pounds 10 years ago and has kept it all off.
Culinary specialty: Healthy takes on comfort foods like lasagna.
Competitive edge: He's committed—he quit his job as a caterer to become a personal trainer—and he's able to use his weight struggle as an example for viewers.

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Catch the premiere of
The Next Food Network Star
Sunday, June 6, at 9 p.m. ET.

CORPORATE ATTORNEY
New York City
Backstory: She learned to love pasta as a kid in Italy and found her calling—cooking—after practicing law for nine years.
Culinary specialty: New takes on classic family recipes like eggplant parmesan.
Competitive edge: Serena's law experience makes her a great communicator. She should be a natural on camera.

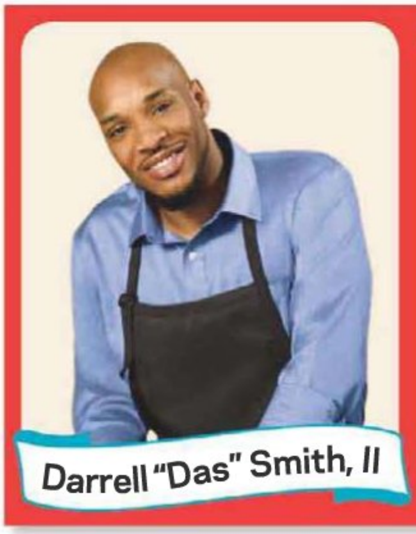
Serena Palumbo

FORMER RESTAURANT MANAGER
West Chester, PA
Backstory: He worked in restaurants at 16 but says he loved food even earlier: "I knew what I wanted to do when I was 10."
Culinary specialty: Inventive California cuisine: He got his start in California restaurants.
Competitive edge: After 16 years in the business, he should be able to handle any challenge that comes his way.

Tom Pizzica

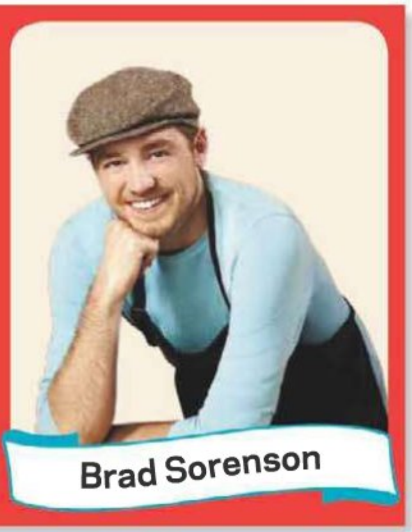
Aarti Sequeira

FORMER TV PRODUCER
Los Angeles
Backstory: She grew up eating "everything" in Dubai but didn't know how to make any of it, so she took a six-month crash course and started cooking every night.
Culinary specialty: Modern Indian food.
Competitive edge: She already has TV chops—the former CNN producer started her own online cooking show, "Aarti Paarti."

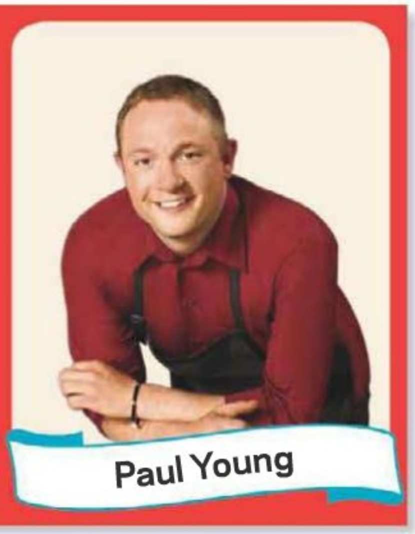

Darrell "Das" Smith, II

CATERER AND CULINARY TEACHER
Los Angeles
Backstory: He teaches a cooking class that he says is the most popular course at Beverly Hills High School.
Culinary specialty: Bachelor-friendly soul food—he wants to teach men how to impress women in the kitchen.
Competitive edge: He has plenty of great stories: He used to work at the Playboy mansion.

CHEF
Austin
Backstory: He's only 25 but has lots of experience: He started working as the executive chef at an Ohio bistro at age 22.
Culinary specialty: Adventurous dishes for the home cook—and bacon desserts.
Competitive edge: He'll have no problem dealing with the judges; he says he trained under a chef who "yelled, threw things and called me names."


Brad Sorenson

WAITER
Chicago
Backstory: He befriended a chef at work and gleaned everything he could. "It's like I went to culinary school for free for seven years," he says.
Culinary specialty: Fun, playful new riffs on classic dishes.
Competitive edge: Paul's work ethic is strong: "People complain when we have to stay up late cooking, but I think it's awesome."


Paul Young

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Do You Have Star Power?

Take our quiz to see if you could cut it on **The Next Food Network Star.**

1 Identify the following fruits:

A ____________

B ____________

C ____________

D ____________

2 Your knife slipped and you're bleeding. What do you do?

A Grab a bandage and get back in the game.

B Ignore it: You're no sissy!

C Head to the hospital and get it treated properly.

3 You're forced to team with a rival finalist. What do you do?

A Work separately so the judges know who the real star is.

B Make the best of it.

C Engage in sabotage—win at all costs.

4 What's the best way to roast nuts?

A On the stove

B In the oven

C In the microwave

5 Couscous originated on which continent?

A Africa

B Australia

C Europe

D South America

CLOCKWISE, FROM TOP LEFT: PICTUREPARTNERS/ISTOCKPHOTO; FOODFOLIO/ALAMY; CHRISTINA PETERS/GETTY IMAGES; MIKEHILLPICS/ISTOCKPHOTO; GARY OMBLER/GETTY IMAGES; TARA CARLIN/ALAMY; D. HURST/ALAMY.

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6 What should you put on a cake before covering it in fondant?

A Plastic wrap

B Buttercream or other frosting

C A dusting of flour

D Confectioners' sugar

7 You need to fillet a fish. Choose your knife:

8 Which of these is a potential "culinary point of view"?

A "Ethnic food is approachable."

B "Be comfortable in the kitchen."

C "The three Cs: cooking, community outreach and culinary crafts."

D None of the above.

9 What special food do Ibérico pigs eat?

A Acorns

B Peas

C Manchego cheese

D Onions

10 Which of these numbers is part of restaurant-kitchen lingo?

A 30

B 44

C 10-4

D 86

Answers

1 **A** Persimmon; **B** Pomelo; **C** Passion fruit; **D** Papaya. Knowing obscure ingredients is important: Potential finalists need to ace a culinary quiz before the show even starts.

2 **A** When season 3's Amy Finley sliced her finger open, she got a bandage and kept cooking, then went on to win the season.

3 **B** In season 5, Eddie Gilbert gave Melissa d'Arabian the cold shoulder. Bobby told him, "A little chivalry in the kitchen goes a long way." He was sent home at the end of the episode.

4 **B** The only way to *roast* is in the oven. Season 3's Adrien Sharp said he was roasting nuts when he was actually sautéing them, and he was later sent packing.

5 **A** In season 3, one finalist couldn't identify couscous as a Moroccan ingredient; he soon got the ax.

6 **B** A thin layer of buttercream helps the fondant adhere. When Duff Goldman from *Ace of Cakes* told finalists to decorate a cake with fondant in season 3, Amy Finley knew this and won the challenge.

7 **C** You need a flexible fillet knife. Early in season 2, the task confounded Beth Raynor and Evette Rodriguez. The judges sent them both home within weeks.

8 **D** In the season 4 premiere, all of the finalists were asked to explain their culinary points of view. Alton Brown wasn't impressed with any of these answers. The lesson: Be unique and don't be vague. When Bobby Flay is asked for his culinary POV, he doesn't hesitate: "Big, bold flavors. Period."

9 **A** In season 4, finalists were asked this question. The team that got it right included Aaron McCargo, Jr., the season's winner.

10 **D** Dishes that sell out are "eighty-sixed." Knowing the restaurant business gives contestants an edge: Just ask restaurateur and season 2 winner Guy Fieri.

How did you do?

If you aced the test and think you have what it takes to make it on *The Next Food Network Star*, apply to compete in season 7 at foodnetwork.com/star.

KNIVES: JEFFREY WESTBROOK/STUDIO D. CLOCKWISE, FROM BOTTOM RIGHT: MASTERFILE; JUANMONINO/ISTOCKPHOTO; DIRKR/ISTOCKPHOTO; SIEDE PREIS/GETTY IMAGES; JOHN KROETCH/SHUTTERSTOCK.

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Play Along

Stir up your own competition at home with these games inspired by **The Next Food Network Star.**

Word Jumble

I	N	E	G	T	E	N	R	R	O
B	O	B	B	Y	F	L	A	Y	F
C	S	A	L	S	A	G	K	B	B
A	S	I	C	C	U	U	C	A	W
T	P	N	O	H	N	Y	A	T	D
P	A	W	F	O	W	F	R	P	I
T	G	S	F	P	R	I	R	P	N
C	H	I	E	P	A	E	O	E	A
I	E	R	E	E	P	R	T	D	G
L	T	O	O	D	P	I	G	K	A
A	T	N	E	W	E	P	K	O	R
N	I	C	C	T	D	A	C	I	T
T	P	H	W	I	E	O	G	N	E
R	P	E	D	T	C	U	W	A	N
O	S	F	S	C	U	M	I	N	C

Find the following:

- ❑ Five ingredients that start with *C*
- ❑ Three Food Network stars
- ❑ Four Food Network shows
- ❑ Three dishes that start with *S*

Go behind the scenes of *The Next Food Network Star* at foodnetwork.com/star.

Answer key:

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Photo Search

We admit it: We took an idea from *People* magazine and turned our own star snapshot into a game. Can you spot 10 differences between these cast photos?

Answer key (starting at top left): 1 The dish soap on the second sink from left is gone. **2** Brad's necklace is missing. **3** The window on the far right is missing. **4** The left-hand range's grill is gone. **5** Das' forearm tattoo is gone. **6** Dzintra's scarf is purple. **7** Alexis' beard is gone. **8** Bobby's tie is green. **9** Paul's bracelet is gone. **10** Giada's earrings are gone.

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Fun Cooking

Serve **frozen treats** in style.
Then, judge a coleslaw showdown and make your own ice-cream-truck faves.

Dry ice is the secret to this super-cool presentation.

PHOTO: CHARLES MASTERS; FOOD STYLING: VIVIAN LUI.

Freeze for All

When it's hot out, serving frozen desserts can be tricky. Just ask chef Nick Mastrascusa, who sends ice cream bonbons to sun-drenched tables at the Beach Tree restaurant in Hawaii's Four Seasons Resort Hualalai *(72-100 Ka'upulehu Dr., Kailua-Kona; 808-325-8000)*. His trick? **Dry ice.** You can try his idea at home: Wearing rubber gloves, place a four-to-five-inch cube *(dryicedirectory.com for distributors)* in a small metal ice bucket or bowl. Place a steaming rack over the ice (make sure the rack doesn't touch the ice), add a splash of water to get the ice "smoking," then just load up the rack with frozen treats.

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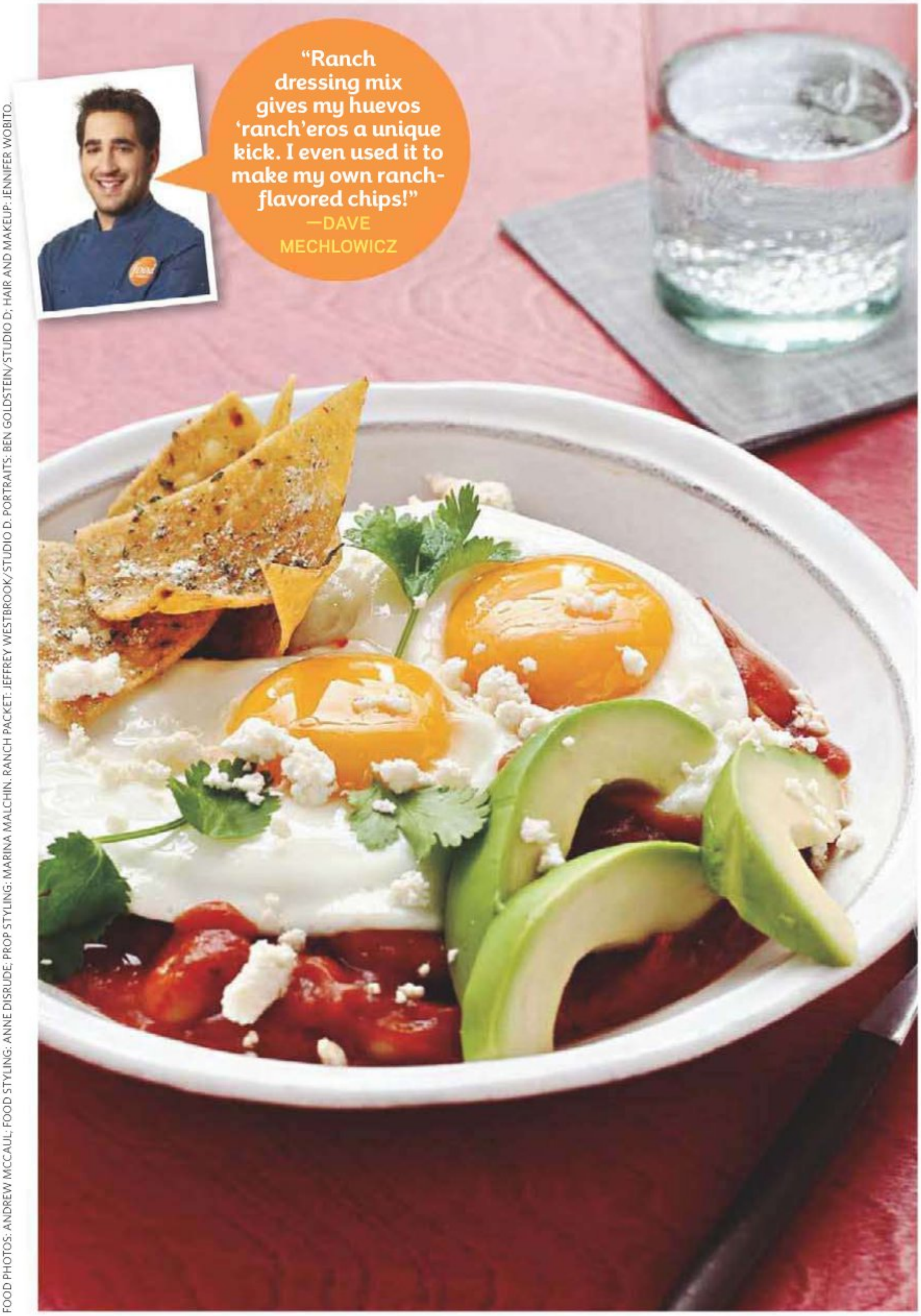
challenge

Out of the Box

Three chefs from Food Network Kitchens turn **ranch dressing mix** into breakfast and dinner.



FOOD PHOTOS: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN. RANCH PACKET: JEFFREY WESTBROOK/STUDIO D. PORTRAITS: BEN GOLDSTEIN/STUDIO D; HAIR AND MAKEUP: JENNIFER WOBITO.

DAVE'S HUEVOS "RANCH"EROS

ACTIVE: 50 min | TOTAL: 50 min | SERVES: 4

FOR THE CHIPS
Vegetable oil, for frying
8 corn tortillas, each cut into 8 wedges
1 1-ounce packet ranch dressing mix

FOR THE SAUCE
5 plum tomatoes
½ medium white onion
5 cloves garlic, unpeeled
1 to 2 chipotles in adobo sauce
1 15-ounce can cannellini beans, drained and rinsed
2 tablespoons extra-virgin olive oil

FOR THE EGGS
1 tablespoon unsalted butter
8 large eggs
1 avocado, halved, pitted and sliced
Fresh cilantro and crumbled cotija cheese, for topping (optional)

1. Make the chips: Heat ¾ inch vegetable oil in a pot over medium heat until a deep-fry thermometer registers 375°. Fry the tortillas in batches until golden, about 1 minute. Drain on paper towels and sprinkle with 1 tablespoon dressing mix.
2. Make the sauce: Heat a large skillet over medium-high heat. Add the tomatoes, onion and garlic and cook, turning, until the vegetables are charred, 5 to 7 minutes. Squeeze the garlic from its skin and cut the onion and tomatoes into chunks. Transfer to a blender; pulse with remaining dressing mix (about 2 tablespoons), the chipotles and half of the beans until smooth.
3. Heat the olive oil in the same skillet over medium heat. Add the pureed mixture and the remaining beans and cook until thick, about 5 minutes. Keep warm.
4. Make the eggs: Melt 1 teaspoon butter in a skillet over medium heat. Fry the eggs in batches until the whites are set, adding more butter as needed. Divide the sauce among shallow bowls; top each serving with 2 eggs, some ranch chips and avocado. Sprinkle with cilantro and cheese, if desired.

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AMY'S RANCH-STUFFED ARTICHOKES

ACTIVE: 40 min | TOTAL: 1 hr 20 min | SERVES: 4

- 3 lemons; 1 zested, 3 juiced (squeezed lemons reserved)
- 4 large artichokes
- 5 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 ounces bacon, finely chopped
- 3 cloves garlic, finely chopped
- 2 cups fresh breadcrumbs
- ½ cup chopped fresh parsley
- 1 hard-cooked egg, peeled and chopped
- ⅓ cup grated parmesan cheese
- 1 1-ounce packet ranch dressing mix

Freshly ground pepper

1. Preheat the oven to 400°. Put one-third of the lemon juice and all of the squeezed lemons in a bowl of cold water. One at a time, cut off the top third of each artichoke with a serrated knife, then cut off and reserve the stem. Snap off the tough bottom leaves and trim the leaf tips with shears. Spread the center leaves open and scrape out the choke with a spoon. As you trim each artichoke, place it in the lemon water. Peel and dice the stems.
2. Heat an ovenproof pot over medium heat. Add 3 tablespoons olive oil and the bacon and cook until crisp, about 4 minutes. Add the garlic and cook 1 minute. Transfer the mixture to a bowl; stir in the lemon zest, breadcrumbs, parsley, egg, parmesan, dressing mix and pepper to taste. Stuff into the center of each artichoke and sprinkle between the leaves.
3. Wipe out the pot; add the remaining 2 tablespoons olive oil and heat over medium heat. Add the artichoke stems, remaining lemon juice and 1 cup water and bring to a boil. Arrange the artichokes snugly in the pot; baste with the cooking liquid and drizzle with olive oil. Cover and bake until tender, about 30 minutes. Uncover and bake until crisp, about 10 more minutes. Serve with the cooking liquid.

"The concentrated dressing mix packs a lot of flavor into this stuffing."
—AMY STEVENSON

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"I was tired of dipping my wings in ranch dressing—so I made ranch wings!" —CEDRIC COUNCIL

CEDRIC'S RANCH WINGS

ACTIVE: 35 min | TOTAL: 1 hr 35 min | SERVES: 6

2 pounds chicken wings, split at the joint, tips removed
3 1-ounce packets ranch dressing mix
1½ cups all-purpose flour
Freshly ground pepper
3 large eggs
Vegetable oil, for frying
¼ cup hot sauce
¼ cup honey

1. Toss the wings with 1 packet dressing mix in a large bowl. Cover and refrigerate at least 1 hour, or up to 4 hours.
2. Whisk the flour, 1 teaspoon pepper and 1 packet dressing mix in a large bowl. In another bowl, whisk the eggs, 2 tablespoons water and the remaining packet dressing mix. Dredge the wings a few at a time in the seasoned flour, then dip into the egg mixture and return to the flour mixture, turning to coat. Transfer to a rack.
3. Heat ½ inch vegetable oil in a medium cast-iron skillet over medium heat until a deep-fry thermometer registers 350°. Fry the wings in batches until crisp and golden brown, 5 to 6 minutes per side. Remove with a slotted spoon and drain on paper towels. Whisk the hot sauce and honey in a bowl. Serve with the wings.

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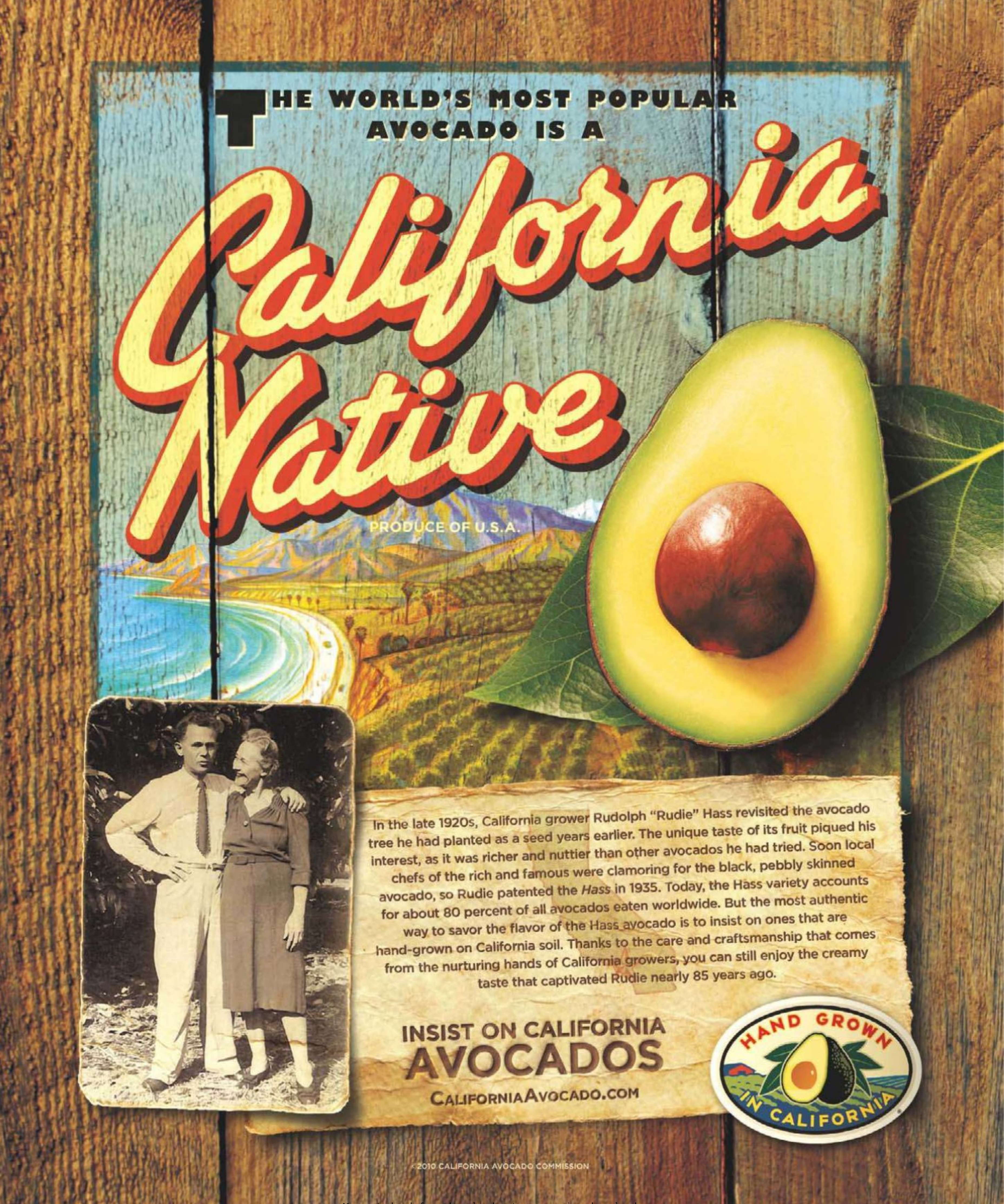

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Copy That!

top secret

P.F. Chang's wouldn't spill the secret recipe for its Chicken Lettuce Wraps, so the chefs in Food Network Kitchens created this spot-on knockoff.

FOOD PHOTO: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN. FOLDER, STATIONERY, POLAROID AND CLIP: ISTOCKPHOTO.

P.F. Chang's China Bistro isn't known as an authentic Chinese restaurant (heck, apple pie is on the menu), but its most popular dish is steeped in tradition: The nationwide chain's best-selling Chang's Chicken Lettuce Wraps first appeared on menus at The Mandarin, a legendary San Francisco restaurant, in the 1970s. When The Mandarin owner's son, Philip Chiang, cofounded P.F. Chang's in 1993, he knew he wanted to put the popular wraps on his menu with the same do-it-yourself twist: Diners get the chicken and rice noodles separate from the lettuce leaves so they can wrap them up themselves. Fans of the dish, like Sharon Deckard from Louisville, KY, have been writing to us asking for the recipe, but no one at the chain's Scottsdale, AZ, headquarters would give it up. So Food Network Kitchens created this perfect copy.

ALMOST-FAMOUS CHICKEN LETTUCE WRAPS

ACTIVE: 1 hr | TOTAL: 1 hr (plus marinating) | SERVES: 4

FOR THE CHICKEN
- 1 large egg white
- 1 tablespoon cornstarch
- 1 tablespoon Chinese rice wine or dry sherry
- 1½ pounds skinless, boneless chicken breasts, diced

FOR THE STIR-FRY SAUCE
- 2 tablespoons oyster sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon Chinese rice wine or dry sherry
- 1 teaspoon toasted sesame oil
- 2 teaspoons cornstarch

FOR THE NOODLES
- 2 bundles cellophane noodles
- Peanut oil, for frying

FOR THE STIR-FRY
- 4 tablespoons peanut oil
- 3 cloves garlic, minced
- 1 teaspoon minced peeled ginger
- 1 jalapeño pepper, seeded and minced
- 4 scallions; 2 minced, 2 cut into 1-inch pieces
- Kosher salt
- ¼ teaspoon sugar
- ½ pound shiitake mushrooms, stemmed and diced
- ¾ cup diced water chestnuts
- Small lettuce leaves, for serving
- Soy sauce, chili paste and/or hot mustard, for serving

1. Prepare the chicken: Whisk the egg white, cornstarch and rice wine in a bowl. Add the chicken and toss to coat. Cover and refrigerate at least 30 minutes.

2. Make the stir-fry sauce: Whisk ⅓ cup water, the oyster, hoisin and soy sauces, the rice wine and sesame oil in a bowl, then whisk in the cornstarch until dissolved.

3. Fry the noodles: Pull the noodles apart into sections. Heat ¾ inch peanut oil in a medium saucepan until a deep-fry thermometer registers 380°. Working in batches, press the noodles into the oil with a spatula until they puff, 5 to 10 seconds. Drain on paper towels.

4. Make the stir-fry: Heat 2 tablespoons peanut oil in a large skillet over medium-high heat. Add the chicken and cook, stirring, 2 to 3 minutes. Remove with a slotted spoon to a plate. Add the remaining 2 tablespoons peanut oil to the skillet; when almost smoking, stir in the garlic, ginger, jalapeño and minced scallions, then add ½ teaspoon salt and the sugar and stir-fry 30 seconds. Add the mushrooms, water chestnuts and scallion pieces and stir-fry 2 minutes. Add the stir-fry sauce and chicken and cook 1 minute.

5. Make a bed of noodles on a platter and top with the chicken mixture. Serve the noodles and stir-fry with lettuce leaves and soy sauce for dipping.

P.F. Chang's

Click! Tell us which secret recipe we should copy next at **foodnetwork.com/magazine.**

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ZEST. FOR COOKING.

Summer's here. Take your love of cooking outside…outside the box, that is. Savory and delicious Heinz 57® Sauce gives your old standbys a tangy new twist—whether topping a baked potato, added to sloppy joes or boosting the barbecue. And you can get the most out of it with the delicious recipe and grilling tips here.

Noooooo, not the fork.

Tongs are the ticket when you barbecue—turning your food with a fork lets the juices escape.

Never toss ice-cold meat or seafood on the grill.

It reduces your grill's temperature and prevents tasty juices from getting seared in. Meat needs about an hour out of the fridge.

An American tragedy: saucing too early.

Don't slather on the barbecue sauce until the last few moments of grilling. Most barbecue sauces contain sugar, which will burn if put on too early.

57 SAUCE MARINATED SHRIMP

PREP TIME: 5 minutes
COOK TIME: 7 minutes
MARINATE TIME: 1 hour

- **¼ cup Heinz 57® Sauce**
- **1 cup dry white wine**
- **1 cup extra-virgin olive oil**
- **¼ cup freshly squeezed lemon juice**
- **¾ cup fresh basil leaves, chopped**
- **24 raw jumbo shrimp, peeled & deveined**

1. In a medium bowl, whisk together Heinz 57® Sauce, wine, oil, lemon juice and basil, until well mixed. Pour into resealable plastic food storage bag. Add shrimp and seal tightly, turning until well coated. Allow to marinate in refrigerator for up to 1 hour, turning occasionally.

2. Preheat grill to medium. Remove shrimp from refrigerator, reserving the marinade and discarding the bag.

3. Thread shrimp onto 4 skewers and grill for 4 to 7 minutes, or until cooked through, turning often and basting with reserved marinade during last 3 minutes of grilling.

HEINZ 57® SAUCE

For more great summer meal ideas, visit **foodnetwork.com/summerdinners**

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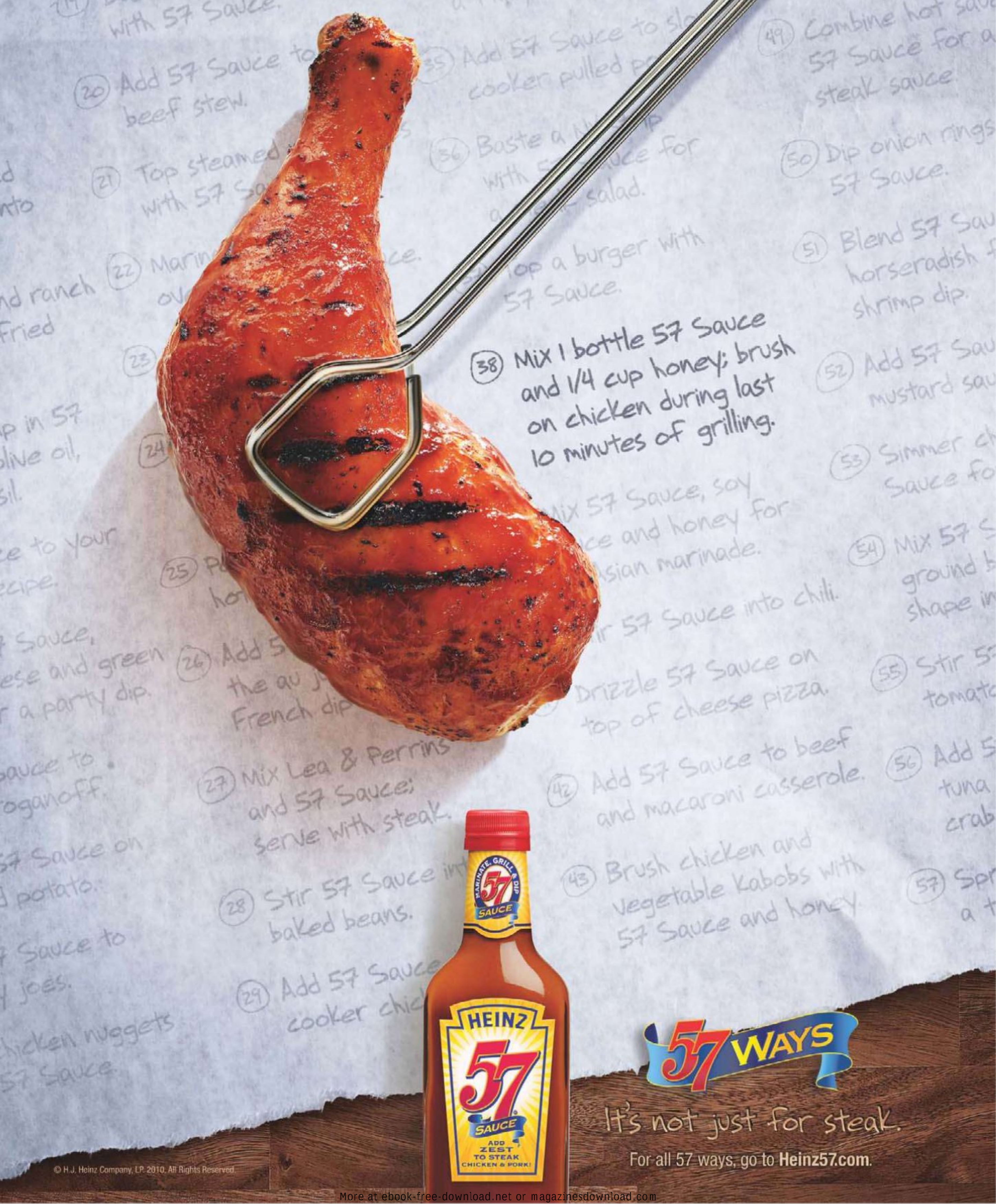

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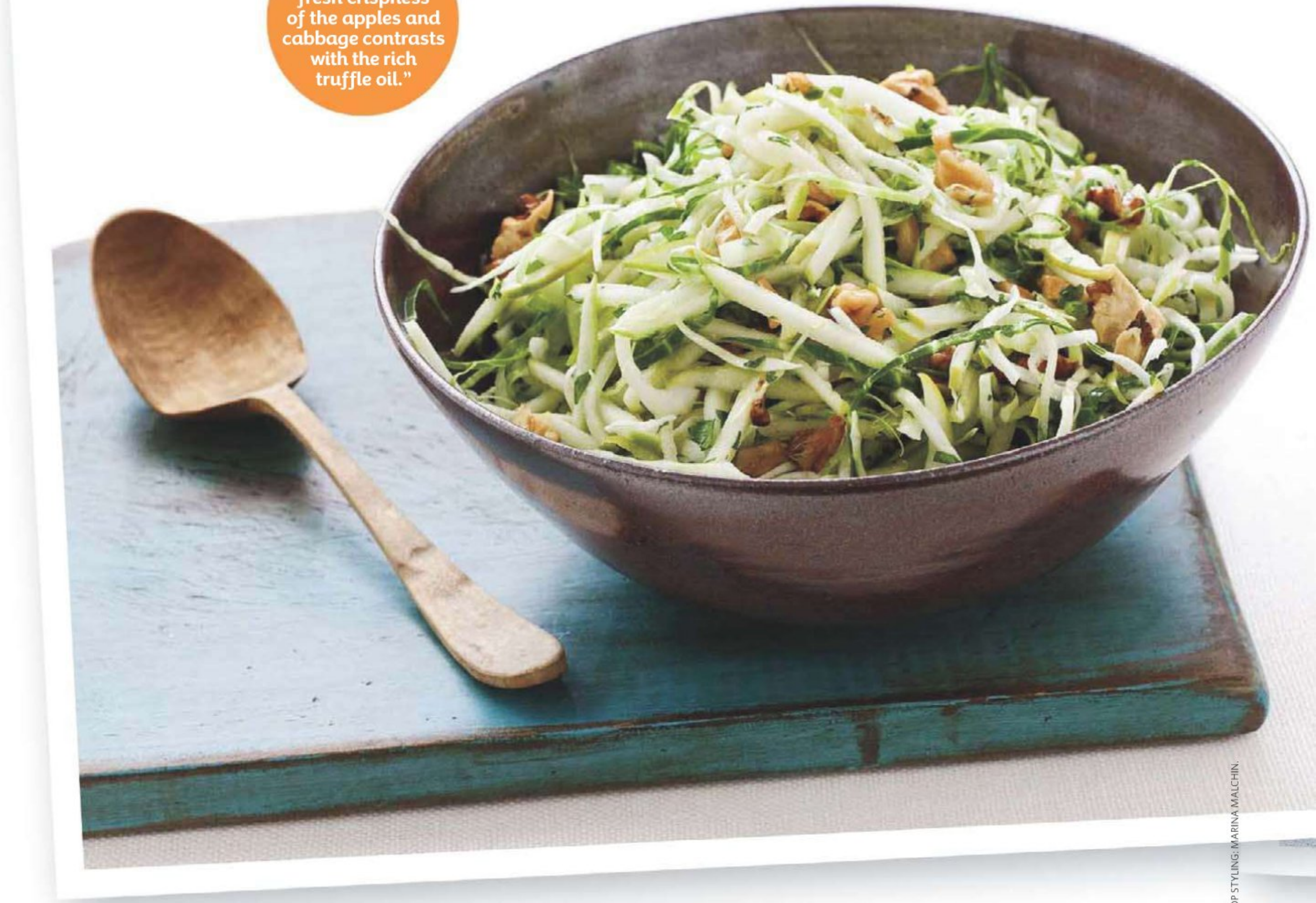
face-off

"I love how the fresh crispness of the apples and cabbage contrasts with the rich truffle oil."

He Made



JOSE GARCES' GREEN APPLE–TRUFFLE SLAW

ACTIVE: 35 min | TOTAL: 1 hr 5 min (plus chilling) | MAKES: about 10 cups

- 4 large cloves garlic, unpeeled
- ¼ cup extra-virgin olive oil, plus more for drizzling
- ¼ cup fresh lemon juice
- ½ teaspoon sugar
- Kosher salt and freshly ground pepper
- ¼ cup grapeseed oil
- 5 Granny Smith apples, julienned
- ½ small head green cabbage, very thinly sliced (about 4 cups)
- ⅓ cup walnuts, toasted and chopped
- 3 tablespoons chopped fresh parsley
- 1 tablespoon black truffle oil ← Jose's secret weapon

1. Preheat the oven to 400°. Place the garlic on a piece of foil, drizzle with olive oil and wrap up. Bake until tender, about 30 minutes. Let cool slightly, then squeeze the garlic from its skin.

2. Combine 2 teaspoons water, the roasted garlic, lemon juice, sugar, 1 teaspoon salt, and pepper to taste in a blender or mini food processor. With the motor running, slowly pour in ¼ cup each olive and grapeseed oils through the feed tube, blending until emulsified.

3. Toss the apples, cabbage, walnuts, parsley and truffle oil in a medium bowl. Add the dressing and toss; season with salt and pepper. Refrigerate the slaw until chilled, about 45 minutes.

FOOD PHOTOS: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN.

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She Made

"My coleslaw is creamy and tangy with a lovely sweet crunch and a tiny bit of bite."

We asked new Iron Chef **Jose Garces** and **Anne Burrell,** host of *Secrets of a Restaurant Chef,* to mix up their favorite coleslaw. Who serves the better side?

ANNE BURRELL'S RED CABBAGE SLAW

ACTIVE: 20 min | TOTAL: 1 hr 20 min | MAKES: about 12 cups

1 small head red cabbage, tough bottom ribs removed, shredded (about 6 cups)
2 bulbs fennel, cored and julienned
3 carrots, grated
2 Granny Smith apples, julienned
1 red onion, very thinly sliced
1 cup apple cider vinegar
Kosher salt
1½ to 2 cups mayonnaise
2 to 3 tablespoons horseradish

Anne's secret weapon

1. Combine the cabbage, fennel, carrots, apples and onion in a large bowl. Douse with the vinegar, season with salt and let sit at least 1 hour. This will soften the cabbage and make it seem almost cooked, but it will still have a great texture.

2. Drain the cabbage of excess liquid but still keep it fairly juicy. Stir in the mayonnaise and horseradish. Taste for seasoning and add salt. The result should be a creamy and tart slaw.

VOTE! Tell us which chef is the coleslaw champion at **foodnetwork.com/magazine.**

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For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.

Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using TNF blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA and psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor
- Have or have had hepatitis B
- Have heart failure

www.enbrel.com

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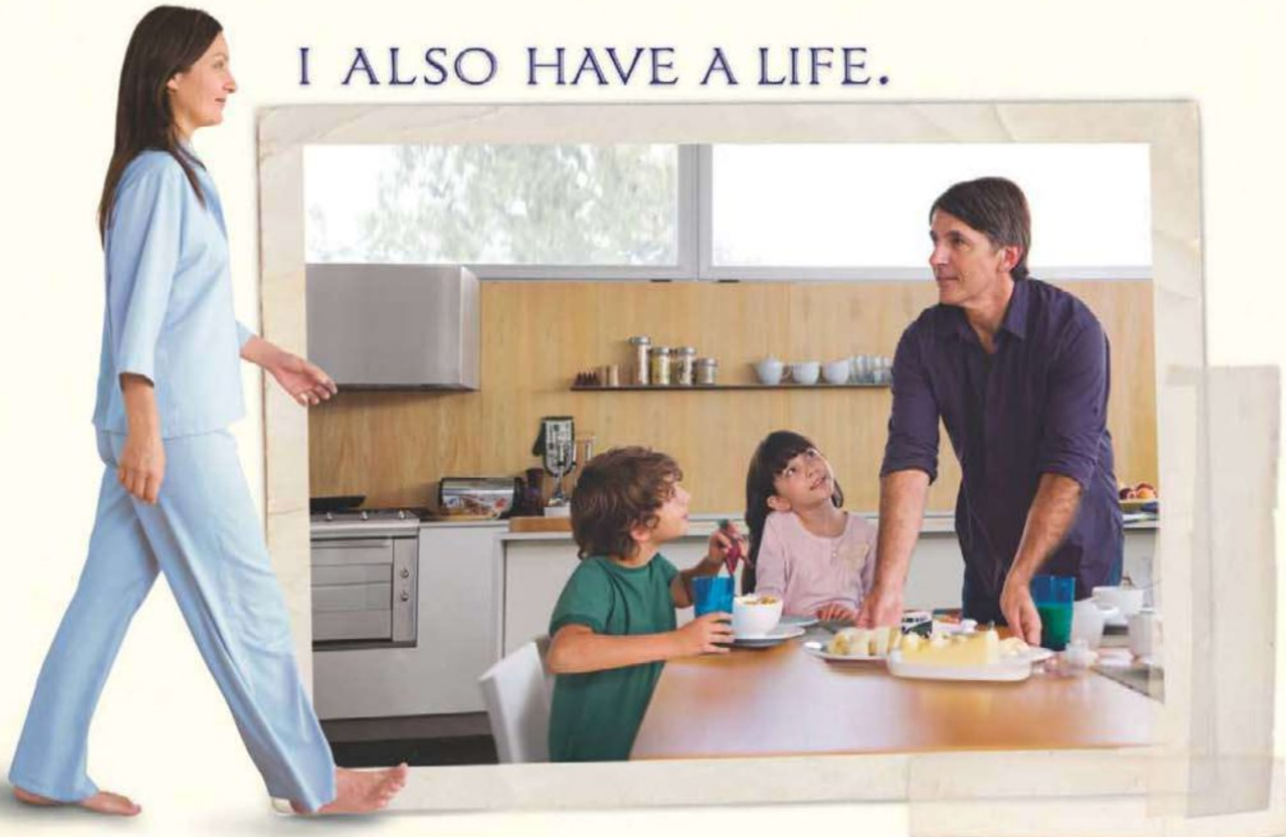

If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit www.enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: **Infections,** including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems,** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening heart failure; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.

Enbrel®
etanercept

Get closer to the life you want to live

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Enbrel® etanercept

Medication Guide ENBREL® (en-brel) (etanercept)

Read the Medication Guide that comes with ENBREL® before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using ENBREL®.

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about ENBREL®?

ENBREL may cause serious side effects, including:

1. Risk of infection

ENBREL® can lower the ability of your immune system to fight infections. Some people have serious infections while taking ENBREL®. These infections include tuberculosis (TB), and infections caused by viruses, fungi or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting ENBREL®.
- Your doctor should monitor you closely for symptoms of TB during treatment with ENBREL® even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with ENBREL®.

You should not start taking ENBREL® if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including ENBREL, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting ENBREL®, be sure to talk to your doctor:

ENBREL® may not be right for you. Before starting ENBREL®, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See **"What is the most important information I should know about ENBREL®?"**)
- are being treated for an infection
- think you have an infection
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinate more often than normal, and feel very tired.
- have any open cuts on your body
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use ENBREL®. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B

Also, BEFORE starting ENBREL®, tell your doctor:

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking ENBREL® with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking ENBREL® with cyclophosphamide.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting ENBREL®, including if you:

- have or had a nervous system problem such as multiple sclerosis
- have or had heart failure
- are scheduled to have surgery
- have recently received or are scheduled to receive a vaccine
  - ✓ all vaccines should be brought up-to-date before starting ENBREL®
  - ✓ people taking ENBREL® should not receive live vaccines
  - ✓ ask your doctor if you are not sure if you received a live vaccine
- are allergic to rubber or latex
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber
- have been around someone with varicella zoster (chicken pox)
- are pregnant or plan to become pregnant. It is not known if ENBREL® will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take ENBREL®. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breast feeding or plan to breast feed. It is not known if ENBREL® passes into your breast milk. You and your doctor should decide if you will take ENBREL® or breast feed. You should not do both.

See the section "What are the possible side effects of ENBREL®?" below for more information.

What is ENBREL®?

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

ENBREL® is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** ENBREL® can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** ENBREL® can be used alone or with methotrexate.
- **ankylosing spondylitis (AS)**
- **chronic, moderate to severe plaque psoriasis in adults ages 18 years and older**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking ENBREL®, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

ENBREL® can help reduce joint damage, and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. ENBREL® can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about ENBREL®?" and "What are the possible side effects of ENBREL®?"**

Who should not use ENBREL®?

Do not use ENBREL® if you:

- have an infection that has spread through your body (sepsis)
- have ever had an allergic reaction to ENBREL®. See the end of this Medication Guide for a complete list of ingredients in ENBREL®.

How should I use ENBREL®?

- ENBREL® is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of ENBREL® at home, you or your caregiver should receive training on the right way to prepare and inject ENBREL®. Do not try to inject ENBREL® until you have been shown the right way by your doctor or nurse.
- ENBREL® is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to prepare and give your ENBREL® injections at home.
- Your doctor will tell you how often you should use ENBREL®. Do not miss any doses of ENBREL®. If you forget to use ENBREL®, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject ENBREL®, call your doctor or pharmacist. **Do not use ENBREL® more often than as directed by your doctor.**
- Your child's dose of ENBREL® depends on his or her weight. Your child's doctor will tell you which form of ENBREL® to use and how much to give your child.

What are the possible side effects of ENBREL®?

ENBREL® can cause serious side effects, including:

See **"What is the most important information I should know about ENBREL®?"**

- **Infections.** ENBREL® can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting ENBREL®, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use ENBREL®. Your doctor may do a blood test before you start treatment with ENBREL® and while you use ENBREL®.
- **Nervous system problems.** Rarely, people who use TNF blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF blocker medicines, like ENBREL®. If you have heart failure your condition should be watched closely while you take ENBREL®. Call your doctor right away if you get new or worsening symptoms of heart failure while taking ENBREL® such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using ENBREL® developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps which may be filled with pus . Your doctor may decide to stop your treatment with ENBREL®.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ Lupus-like syndrome. Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using ENBREL®.
  - ✓ Autoimmune hepatitis. Liver problems can happen in people who use TNF blocker medicines, including ENBREL®. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of ENBREL® include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections)
- **Headache**

These are not all the side effects with ENBREL®. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ENBREL®?

- Store ENBREL® in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep ENBREL® in the original carton to protect from light.
- **Keep ENBREL® and all medicines out of the reach of children.**

General Information about ENBREL®

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use ENBREL® for a condition for which it was not prescribed. Do not give ENBREL® to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about ENBREL®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about ENBREL® that was written for healthcare professionals. For more information call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in ENBREL®?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine.

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Issue Date: 11/2009

This Medication Guide has been approved by the U.S. Food and Drug Administration.

AMGEN® Manufactured by Immunex Corporation Thousand Oaks, CA 91320

Pfizer Marketed by Amgen Inc. and Pfizer Inc.

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Lighten Up challenge

We slimmed down the ultimate picnic side dish: **potato salad.**

GARDEN POTATO SALAD

ACTIVE: 25 min | TOTAL: 35 min (plus chilling) | SERVES: 6 to 8

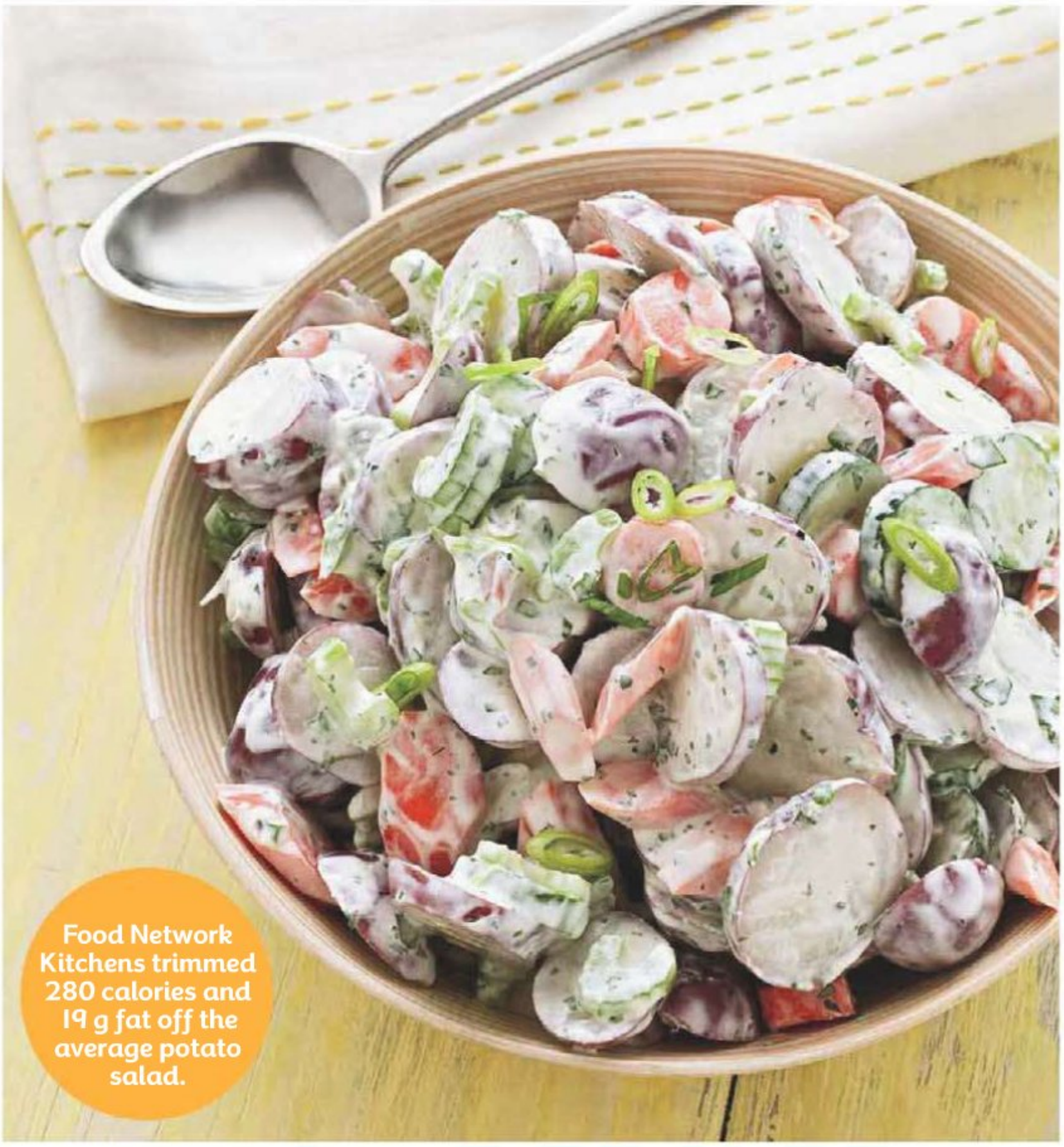
- 1 lemon
- 5 or 6 sprigs fresh parsley, plus 2 tablespoons chopped leaves
- 2 or 3 sprigs fresh thyme
- 1 bay leaf
- 3 cloves garlic, smashed
- 2 pounds small red-skinned potatoes, cut into ¼-inch-thick rounds
- Kosher salt
- 4 medium carrots, cut into ¼-inch-thick rounds
- ¾ cup fat-free plain yogurt
- ¼ cup low-fat mayonnaise
- 1 tablespoon plus 1 teaspoon whole-grain or dijon mustard
- 3 scallions, minced, whites and greens separated
- Freshly ground pepper
- 2 stalks celery, cut into ¼-inch-thick slices
- 1 small Kirby cucumber, cut into ¼-inch-thick rounds

1. Peel a 2-inch-long strip of zest from the lemon; tie into a bundle with the parsley and thyme sprigs and bay leaf using kitchen twine. Put in a saucepan with the garlic, potatoes, 2 tablespoons salt and 8 cups water. Bring to a boil, then reduce to a simmer and cook about 10 minutes. Add the carrots and cook until the potatoes are tender and the carrots are crisp-tender, about 5 more minutes. Reserve ¼ cup of the cooking water, then drain the vegetables and discard the herb bundle. Let cool.

2. Meanwhile, finely grate 2 teaspoons lemon zest and squeeze 3 tablespoons juice into a large bowl. Whisk in the yogurt, mayonnaise, mustard, scallion whites, chopped parsley, reserved cooking water, 1 teaspoon salt and ¾ teaspoon pepper.

3. Add the potatoes, carrots, celery and cucumber to the dressing and toss. Chill about 4 hours. Top with the scallion greens.

Per serving: Calories 175; **Fat** 4 g (**Saturated** 1 g); **Cholesterol** 4 mg; **Sodium** 712 mg; **Carbohydrate** 30 g; **Fiber** 5 g; **Protein** 6 g



Food Network Kitchens trimmed 280 calories and 19 g fat off the average potato salad.

Secret Ingredients

After seven tries, recipe developers found the key to making potato salad trim and tasty.

Fat-Free Yogurt

We mixed nonfat yogurt with a little low-fat mayo to keep the salad creamy.

Potato Skins

No need to peel! Most of a potato's fiber and vitamin C comes from the skin.

Fresh Herbs

A bundle of fresh herbs and lemon zest adds flavor without adding calories.

POTATO SALAD: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN. YOGURT, POTATOES AND HERBS: BEN GOLDSTEIN/STUDIO D.

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Fun Cooking

WHAT A scream!

One-up the ice cream man with a homemade version of your favorite frozen treat.

PHOTOGRAPHS BY **LEVI BROWN**

ORANGE CREAM POPS

ACTIVE: 30 min | TOTAL: 2 hr 20 min | MAKES: 8 pops

Cooking spray
1 quart vanilla ice cream
1 quart orange sherbet

1. Place a baking sheet in the freezer to chill, about 20 minutes. Line the baking sheet with parchment paper and coat with cooking spray. Spray the insides of eight 3-to-4-inch cookie cutters and place on the parchment. Fill each cutter halfway with small scoops of ice cream and sherbet (about ½ cup of each), alternating to create a marbled effect. Repeat with another layer to fill the cutters. Smooth the surface of each with an offset spatula or the back of a spoon. Cover with plastic wrap and freeze 1 hour. Meanwhile, place another baking sheet in the freezer to chill, then line with parchment and coat with cooking spray.
2. Remove the cookie cutters from the freezer a few at a time, and use the plastic wrap to push the ice cream mixture out of the cutters. Insert a wooden stick halfway into the pop; smooth the surface if needed. Lay the pops on the other lined baking sheet, cover with plastic wrap and freeze until firm, about 30 more minutes.

Use simple cookie cutters, like flower or star shapes, to mold the pops. More intricate cutters are difficult to unmold.

FOOD STYLING: STEPHANA BOTTOM.

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Be sure to freeze each cone upright in a tall glass to keep the chocolate shell intact.

ICE CREAM SUNDAE CONES

ACTIVE: 50 min | TOTAL: 4 hr | MAKES: 6 cones

- 6 waffle cones
- 1 cup malted milk balls, plus 6 more for the cones
- 4 large chocolate-covered peanut butter cups, chopped
- 2 quarts vanilla and/or chocolate ice cream
- ¼ cup chocolate fudge sauce
- 5 ounces semisweet chocolate, chopped
- 1 ounce milk chocolate, chopped
- 6 tablespoons unsalted butter, cut into small pieces
- 1½ tablespoons corn syrup or agave syrup
- ½ cup roasted peanuts, finely chopped

1. Place a stainless steel bowl in the freezer to chill, about 20 minutes. Set 6 tall glasses on a baking sheet and put a cone in each. Drop a malted milk ball into each cone.

2. Roughly chop the remaining malted milk balls and put in the cold bowl with the peanut-butter-cup pieces and ice cream. Use a metal spoon to smash and stir the candies into the ice cream, working quickly to keep it from melting.

3. Press 1 small scoop of the candy ice cream into each cone. Dot with a heaping teaspoon of fudge sauce and top with 2 generous scoops of the candy ice cream. Freeze the cones (in the glasses) until firm, about 2 hours.

4. Meanwhile, melt the semisweet and milk chocolate with the butter and corn syrup in a heatproof bowl set over a saucepan of barely simmering water (do not let the bowl touch the water), stirring until smooth. Remove the bowl from the saucepan and let sit until the chocolate is cool but still pourable, about 10 minutes.

5. Remove the cones from the glasses and dip the ice cream into the chocolate, swirling to coat. Immediately sprinkle the peanuts over the chocolate; place the cones upright in the glasses and freeze until the chocolate shell is set, at least 1 hour or overnight.

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For extra crunch, roll the pops in more crushed cereal after you unmold them.

STRAWBERRY-SHORTCAKE PARFAIT POPS

ACTIVE: 20 min | TOTAL: 4 hr 20 min | MAKES: 6 pops

Cooking spray
1½ cups Special K Red Berries cereal
½ cup unsweetened shredded coconut
¾ cup vanilla frozen yogurt, slightly softened
¾ cup strawberry sorbet, slightly softened

1. Spray the insides of six 3-ounce paper cups with cooking spray. Pulse the cereal and coconut in a food processor until coarsely ground.

2. Put about 1 tablespoon cereal mixture in the bottom of each cup and top with 1 tablespoon frozen yogurt. Add 2 tablespoons sorbet and press into the cup, then pack in another tablespoon of frozen yogurt and sprinkle with more cereal mixture. Insert a wooden stick into the center of each pop and freeze until hard, at least 4 hours.

3. Before serving, snip the paper cup and peel it off.

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ICE CREAM SANDWICH CAKES

ACTIVE: 45 min | TOTAL: 4 hr 10 min
MAKES: 18 sandwiches

- 4 tablespoons unsalted butter, plus more for the pans
- ¾ cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup Dutch-process cocoa powder
- ½ cup packed light brown sugar
- ½ cup granulated sugar
- ½ cup brewed coffee (not espresso)
- ½ cup buttermilk
- 1 large egg
- 1 teaspoon vanilla extract
- 3 pints ice cream (any flavor)

1. Preheat the oven to 325°. Line the bottom of two 8-inch-square metal baking pans with parchment paper and lightly butter the paper. Sift the flour, baking powder, baking soda and salt into a bowl, then whisk to combine.

2. Melt the butter in a saucepan over medium heat. Add the cocoa powder and whisk until dissolved, about 1 minute. Transfer to a bowl and whisk in both sugars until combined. Add the coffee, buttermilk, egg and vanilla and whisk until smooth. Whisk in the flour mixture until just combined.

3. Divide the batter evenly between the prepared pans. Bake until a toothpick inserted into the center comes out with a few moist crumbs, 15 to 20 minutes. Cool slightly in the pans, then invert onto a rack to cool completely. Transfer the cakes to a baking sheet lined with parchment paper, cover with plastic wrap and freeze until firm, about 1 hour.

4. Remove the ice cream from the freezer to soften, 10 to 20 minutes. Clean and dry the baking pans, then line each with plastic wrap, leaving a 4-inch overhang on all sides. Scoop all of the ice cream into one of the pans, packing it to make an even 1-inch-thick layer; smooth with a small offset spatula or the back of a spoon. Fold the plastic wrap over the ice cream to cover it, then freeze until solid, at least 1 hour.

5. Put 1 frozen cake in the remaining plastic-lined pan. Unwrap the ice cream layer and invert it on top of the cake; remove the plastic wrap. Cover with the remaining cake, pressing gently. Fold the plastic wrap over the cake to cover it and freeze until firm, about 1 hour.

6. When ready to serve, unwrap the cake and cut into 9 squares. Cut each square in half to make 2 rectangles or triangles.

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ITALIAN ICE

ACTIVE: 10 min | TOTAL: 2 hr 40 min
MAKES: 4 cups

- 3 cups halved strawberries or chopped pineapple
- 2 tablespoons sugar
- 2 tablespoons honey
- 1 tablespoon fresh lemon juice

1. Blend the fruit, sugar, honey and lemon juice with 2 cups ice in a food processor or blender until chunky. Add another 1 cup ice and blend until completely smooth.

2. Pour the mixture into a shallow baking dish and freeze 30 minutes. Scrape the ice with a fork until slushy, then freeze until firm, about 2 more hours. Scoop into paper cups.

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CHERRY-PEACH TWIN POPS

ACTIVE: 15 min | TOTAL: 4 hr 15 min
MAKES: 6 to 8 pops

1½ cups sour-cherry juice or nectar
3 tablespoons superfine sugar
1½ cups peach nectar

1. Combine the cherry juice and sugar in a large bowl and stir vigorously to dissolve. Pour half of the cherry juice into 3 or 4 pop molds, filling them to varying heights. Pour half of the peach nectar into 3 or 4 more pop molds. Freeze 2 hours.
2. Fill the cherry pops with peach nectar, and fill the peach pops with cherry juice. Insert wooden sticks three-quarters of the way into the pops and freeze until solid, at least 2 hours or overnight. To release the pops, run the molds under warm water.

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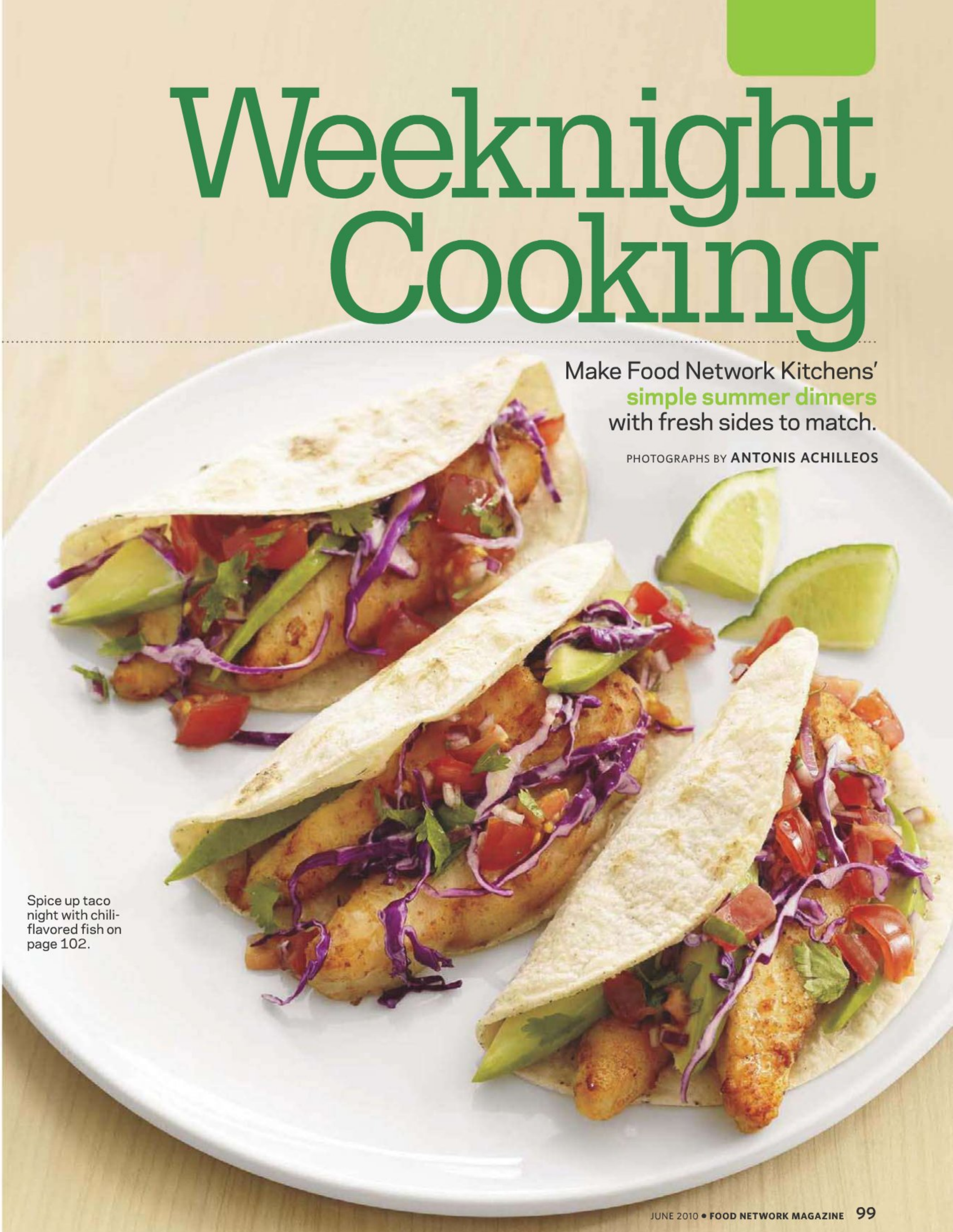
Weeknight Cooking

Make Food Network Kitchens' **simple summer dinners** with fresh sides to match.

PHOTOGRAPHS BY **ANTONIS ACHILLEOS**



Spice up taco night with chili-flavored fish on page 102.

FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN.

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PORK TONNATO

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

2 tablespoons extra-virgin olive oil
2 small pork tenderloins (about 2 pounds total)
Kosher salt and freshly ground pepper
2 medium shallots, roughly chopped
1 medium carrot, roughly chopped
4 fresh sage leaves
1 cup dry white wine or water
1 5-to-6-ounce can light tuna packed in olive oil, drained, reserving 2 tablespoons of the oil
2 tablespoons capers, plus more for sprinkling
⅓ cup mayonnaise
Juice of 1 lemon
4 ounces baby arugula or mixed field greens (about 4 cups)

1. Heat 1 tablespoon olive oil in a large skillet over high heat. Season the pork with salt and pepper, then brown on all sides, about 5 minutes. Transfer to a plate. Reduce the heat to medium low; add the remaining 1 tablespoon olive oil, the shallots and carrot to the skillet and cook until the vegetables are just tender, about 5 minutes.
2. Add the sage and wine and bring to a simmer. Return the pork to the skillet along with the tuna and capers. Cover and cook until a thermometer inserted into the pork registers 150°, 10 to 15 minutes. Transfer the pork to a cutting board and let rest about 5 minutes.
3. Meanwhile, discard the sage and transfer the remaining contents of the skillet to a blender. Add the reserved tuna oil, the mayonnaise, lemon juice, and salt and pepper to taste; puree until smooth.
4. Slice the pork and divide among plates. Top with the sauce and greens, season with salt and pepper, and sprinkle with more capers.

Per serving: Calories 485; Fat 30 g (Saturated 5 g); Cholesterol 103 mg; Sodium 744 mg; Carbohydrate 12 g; Fiber 2 g; Protein 36 g

FOIL-PACKET FISH WITH CORN RELISH

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4

1 teaspoon coriander seeds
1 cup fresh parsley
1 cup fresh cilantro, plus more for garnish
1 1-inch piece ginger, peeled and roughly chopped
2 tablespoons vegetable oil
Kosher salt
1¾ cups corn kernels (fresh or frozen; thawed if frozen)
2 medium tomatoes, cut into chunks
4 6-ounce skinless striped-bass fillets (about 1 inch thick)
2 limes, cut into wedges

1. Preheat a grill to high. Toast the coriander seeds in a dry skillet over medium-high heat, tossing, about 3 minutes. Crush the seeds on a cutting board (the bottom of a measuring cup works well), then pulse with the parsley, cilantro, ginger, vegetable oil, ½ teaspoon salt and 1 tablespoon water in a food processor to make a coarse mixture.
2. Toss the corn and tomatoes with 2 teaspoons of the herb mixture in a bowl and season with salt.
3. Tear off four large sheets (about 16 inches long) of heavy-duty foil. Place one piece of fish in the center of each. (If the ends of the fillets are thin, tuck them under.) Top with a spoonful of the remaining herb mixture and surround with the corn-tomato relish. Fold up the ends of the foil and seal into packets, leaving room inside for heat circulation.
4. Grill the packets, covered, until the fish is just cooked through, 8 to 10 minutes. Carefully open the packets and slide the fish and vegetables onto plates. Top with more cilantro and serve with lime.

Per serving: Calories 323; Fat 12 g (Saturated 2 g); Cholesterol 140 mg; Sodium 383 mg; Carbohydrate 21 g; Fiber 4 g; Protein 34 g

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SLOW-COOKER BRISKET SANDWICHES

ACTIVE: 30 min | TOTAL: 30 min (plus 8-hr slow cooking)
SERVES: 4 (with leftovers)

2 tablespoons vegetable oil
1 5-to-6-pound first-cut or flat-cut brisket, cut into 3 pieces
Kosher salt and freshly ground pepper
4 cloves garlic, smashed and peeled
1 12-ounce bottle stout beer
4 stalks celery, cut into large pieces
⅔ cup packed dark brown sugar
½ cup tomato paste
½ cup red wine vinegar
⅓ cup dijon mustard
⅓ cup soy sauce
2 bay leaves
1 teaspoon paprika
2 brioche or other rolls, split open and toasted
Coleslaw, for serving

You'll have plenty of leftover brisket: Use it in tacos, quesadillas, chili or even on a pizza.

1. Heat the vegetable oil in a large skillet over medium-high heat. Season the brisket with salt and pepper, then brown on all sides, about 10 minutes, adding the garlic in the last 2 minutes. Transfer the meat and garlic to a 5-to-6-quart slow cooker. Pour the beer into the skillet and simmer 30 seconds, scraping up the browned bits from the pan; add the beer mixture to the slow cooker.
2. Nestle the celery around the meat and add the brown sugar, tomato paste, vinegar, mustard, soy sauce, bay leaves and paprika. Stir, then cover and cook on low 8 hours or on high 6 hours. Transfer the meat to a cutting board and let rest 10 minutes, then thinly slice.
3. Serve on brioche halves with coleslaw; drizzle with the cooking liquid.

Per serving: **Calories** 474; **Fat** 16 g (**Saturated** 7 g); **Cholesterol** 128 mg; **Sodium** 265 mg; **Carbohydrate** 18 g; **Fiber** 0 g; **Protein** 61 g

BAJA FISH TACOS

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

Vegetable oil, for frying
¼ red cabbage, thinly sliced (about 1½ cups)
½ cup fresh cilantro, roughly chopped
Juice of 1 lime, plus wedges for serving
2 tablespoons honey or agave nectar
½ cup mayonnaise
Kosher salt
12 corn tortillas
¾ cup all-purpose flour
½ teaspoon chili powder
Freshly ground pepper
1¼ pounds skinless halibut fillet, cut into 2-by-½-inch pieces
1 Hass avocado
½ cup fresh salsa

1. Heat about 3 inches vegetable oil in a medium pot over medium-low heat until a deep-fry thermometer registers 375°. Meanwhile, toss the cabbage, cilantro, lime juice, honey and mayonnaise in a bowl. Season the slaw with salt.
2. Warm the tortillas in a skillet over medium-low heat or wrap in a damp cloth and microwave 25 seconds. Wrap in a towel to keep warm.
3. Mix the flour, chili powder, and salt and pepper to taste in a shallow bowl. Dredge the fish in the flour mixture, then fry in batches until golden and just cooked through, 2 to 3 minutes. Transfer with a slotted spoon to a paper-towel-lined plate to drain. Season with salt.
4. Halve, pit and slice the avocado. Fill the tortillas with the fish, avocado, slaw and salsa. Serve with lime wedges.

Per serving: **Calories** 777; **Fat** 45 g (**Saturated** 7 g); **Cholesterol** 103 mg; **Sodium** 529 mg; **Carbohydrate** 66 g; **Fiber** 9g; **Protein** 31 g

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COLD CURRY-PEANUT NOODLES

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

Kosher salt
12 ounces whole-wheat spaghetti
⅔ cup crunchy peanut butter
1 to 2 tablespoons red curry paste
2 teaspoons rice wine vinegar
Juice of 1 lime, plus wedges for serving
⅓ cup fresh cilantro leaves, plus more for sprinkling
2 scallions, thinly sliced
1 cucumber, peeled, seeded and cut into thin strips
1 large carrot, coarsely grated
Red pepper flakes or chili paste, for serving (optional)

Look for jars of red curry paste in the Asian condiments aisle. One spoonful adds a great variety of spices to the dish.

1. Bring a large pot of salted water to a boil. Add the spaghetti and cook as the label directs. Reserve about ½ cup cooking water, then drain in a colander and rinse under cold water. Shake off the excess water.
2. Meanwhile, puree the peanut butter, curry paste, vinegar, lime juice, cilantro, ½ cup water and 1 teaspoon salt in a food processor or blender until smooth. Toss the spaghetti with the peanut sauce, scallions, cucumber and carrot in a large bowl until coated. Season with salt and stir in some of the reserved cooking water to loosen the sauce, if necessary. Transfer to bowls and top with more cilantro and pepper flakes, if desired. Serve with lime wedges.

Per serving: **Calories** 574; **Fat** 23 g (**Saturated** 4 g); **Cholesterol** 0 mg; **Sodium** 576 mg; **Carbohydrate** 79 g; **Fiber** 16 g; **Protein** 24 g

SEARED STEAK WITH CHARD SALAD

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

1 bunch Swiss chard, stems removed, leaves thinly sliced
4 tablespoons extra-virgin olive oil
2 cups large crusty bread cubes
Kosher salt and freshly ground pepper
3 to 4 anchovies
1 clove garlic, smashed
1 cup grape tomatoes, halved
Juice of 1 lemon
1½ pounds boneless beef sirloin steak
1 teaspoon dried mint
½ cup crumbled feta cheese

1. Put the chard in a bowl. Heat a large skillet over medium-high heat. Add 1 tablespoon olive oil and the bread cubes and season with salt and pepper. Cook, tossing, until toasted, 4 to 5 minutes. Add to the chard.
2. Add the anchovies to the skillet, mashing them with a whisk. Add the garlic and 2 tablespoons olive oil and cook until the garlic is golden, about 45 seconds. Add the tomatoes and warm slightly, then whisk in the lemon juice and season with salt and pepper. Pour the warm dressing over the chard, toss and set aside to wilt.
3. Wipe out the skillet and place over high heat. Sprinkle the steak on both sides with the mint, and salt and pepper to taste. Add the remaining 1 tablespoon olive oil to the skillet. Sear the steak until browned on the bottom, about 5 minutes. Turn and cook until browned on the other side, 3 to 4 more minutes for medium-rare. Transfer to a cutting board and let rest 5 minutes.
4. Add the feta to the chard salad and toss. Thinly slice the steak and serve with the chard salad.

Per serving: **Calories** 484; **Fat** 26 g (**Saturated** 8 g); **Cholesterol** 88 mg; **Sodium** 1,304 mg; **Carbohydrate** 18 g; **Fiber** 3 g; **Protein** 44 g

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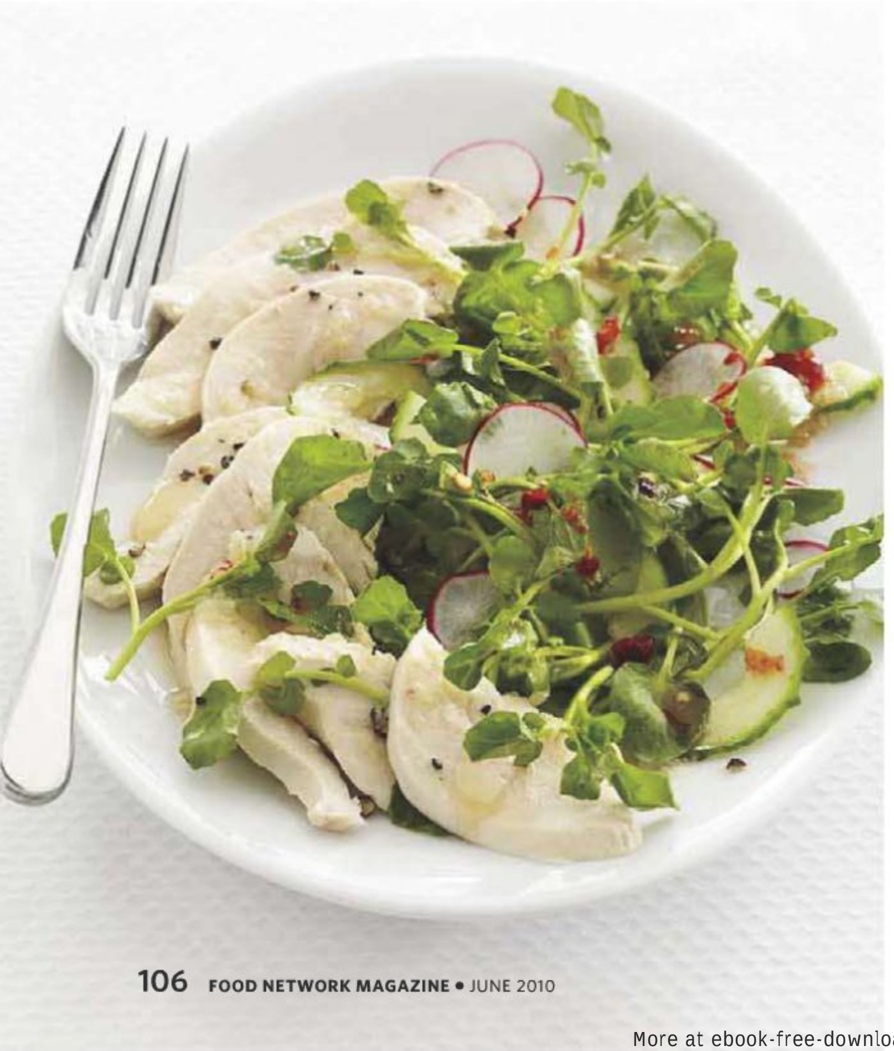
POACHED GINGER CHICKEN

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4

4 boneless, skinless chicken breasts (1¾ to 2 pounds)
Kosher salt
1 2-inch piece ginger, peeled
1 large shallot
4 tablespoons peanut oil
1 tablespoon toasted sesame oil
½ teaspoon sugar
1 English cucumber, halved lengthwise, seeded and thinly sliced
1 bunch radishes, thinly sliced, or 1 small daikon radish, peeled and cut into matchsticks
1 teaspoon Asian chili sauce (such as sambal oelek)
1 bunch watercress, trimmed
Juice of 1 lime

1. Put the chicken in a medium pot with just enough water to cover; add 1 tablespoon salt. Bring to a gentle simmer over medium heat and cook until the chicken is firm to the touch, about 15 minutes. Meanwhile, prepare a bowl of salted ice water. Drain the chicken and plunge into the ice water for about 30 seconds to stop the cooking. Drain again.
2. Grate the ginger and shallot into a small bowl. Stir in 3 tablespoons peanut oil, the sesame oil and ¼ teaspoon each sugar and salt.
3. Toss the cucumber and radishes with the chili sauce, ¾ teaspoon salt, the remaining 1 tablespoon peanut oil and the remaining ¼ teaspoon sugar in a large bowl. Add the watercress and toss.
4. Divide the salad among plates. Slice the chicken and add to the plates, then top with the ginger mixture. Drizzle with the lime juice.

Per serving: **Calories** 432; **Fat** 23 g (**Saturated** 4 g); **Cholesterol** 118 mg; **Sodium** 614 mg; **Carbohydrate** 9 g; **Fiber** 2 g; **Protein** 47 g



SHRIMP BOIL

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

2 lemons, halved, plus wedges for serving
½ cup Old Bay Seasoning
8 cloves garlic, smashed
1 large red onion, quartered
6 sprigs fresh thyme
1 pound baby red potatoes
4 ears corn, husked and snapped in half
1¼ pounds large shrimp, unpeeled
2 tablespoons unsalted butter
Hot sauce, for serving (optional)

1. Fill a large pot with 4 quarts of water. Squeeze the lemon juice into the water and add the squeezed lemon halves. Add the Old Bay, garlic and onion. Tie the thyme sprigs together with kitchen twine and add to the pot. Cover and bring to a boil, then reduce to a simmer and cook about 5 minutes.
2. Add the potatoes to the pot and cook until just tender, about 10 minutes. Add the corn and cook 5 more minutes.
3. Meanwhile, slice along the back of each shrimp through the shells; remove the veins and rinse the shrimp. Add to the pot, cover and cook until the shrimp curl and are just opaque, 2 to 3 minutes.
4. Transfer the shrimp and vegetables with a slotted spoon or skimmer to a large bowl. Add the butter and about 1 cup broth to the bowl and toss until the butter is melted. Transfer the shrimp and vegetables to a platter. Serve with the remaining broth, lemon wedges and hot sauce, if desired.

Per serving: **Calories** 379; **Fat** 10 g (**Saturated** 5 g); **Cholesterol** 225 mg; **Sodium** 735 mg; **Carbohydrate** 41 g; **Fiber** 9 g; **Protein** 30 g

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CHIPOTLE CHILI CHEESE DOGS

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

2 strips bacon, diced
1 small onion, finely chopped
2 teaspoons chili powder
1 teaspoon ground cumin
3 tablespoons ketchup
1 15-ounce can pinto beans, drained and rinsed
1 14.5-ounce can diced tomatoes
3 tablespoons chipotle hot sauce, plus more for serving (optional)
Vegetable oil, for the grill
4 foot-long hot dogs
4 soft hoagie rolls, split open
4 ounces pepper jack cheese, shredded (about 1 cup)
Sliced scallions and/or sour cream for topping (optional)

1. Cook the bacon in a skillet over medium heat until slightly crisp, 3 to 4 minutes. Add the onion, chili powder and cumin and cook until the onion is soft, about 3 minutes. Stir in the ketchup and cook until it is slightly browned, 2 to 3 minutes. Add the beans, tomatoes, hot sauce and 1 cup water, cover and bring to a boil. Uncover and cook, stirring occasionally, until the mixture thickens, about 20 minutes.
2. Meanwhile, preheat a grill to medium and brush with vegetable oil. Grill the hot dogs until marked, turning, about 10 minutes. Toast the rolls on the grill, if desired.
3. Sprinkle the inside of each roll with cheese, then add a hot dog, some of the bean mixture and more cheese. Top with scallions, sour cream and/or hot sauce, if desired.

Per serving: Calories 1,079; Fat 57 g (Saturated 21 g); Cholesterol 113 mg; Sodium 2,678 mg; Carbohydrate 97 g; Fiber 11 g; Protein 41 g

SOUTHERN HAM-AND-CHEESE PIE

ACTIVE: 30 min | TOTAL: 35 min | SERVES: 4

10 large eggs
Pinch of cayenne pepper
3 ounces ham, chopped
6 ounces muenster cheese, grated
4 tablespoons extra-virgin olive oil
3 bunches scallions, cut into 2-inch pieces
Kosher salt and freshly ground black pepper
1 large tomato, cut into wedges
1 teaspoon white wine vinegar
1 tablespoon sugar
4 ounces mesclun greens (about 4 cups)
½ head escarole, torn, or 1 bunch dandelion greens, trimmed

1. Position a rack in the center of the oven and preheat the broiler. Whisk the eggs, 2 tablespoons water and the cayenne in a large bowl. Fold in the ham and half of the cheese.
2. Heat 1 tablespoon olive oil in an ovenproof 6-to-8-inch nonstick skillet over medium-high heat, swirling to coat the pan. Add the scallions, ¼ teaspoon salt, and black pepper to taste; cook until soft, 4 to 5 minutes. Reduce the heat to medium low, pour in the egg mixture and stir gently with a rubber spatula to distribute the fillings. Cook until the bottom is just set, about 4 minutes. Sprinkle the remaining cheese on top, transfer to the oven and bake until puffed and golden, about 10 minutes. Let stand while you prepare the salad.
3. Season the tomato with salt and black pepper and toss with the vinegar, sugar and the remaining 3 tablespoons olive oil in a bowl. Add the greens and toss. Slice the pie and serve with the salad.

Per serving: Calories 555; Fat 39 g (Saturated 14 g); Cholesterol 590 mg; Sodium 901 mg; Carbohydrate 21 g; Fiber 6 g; Protein 32 g

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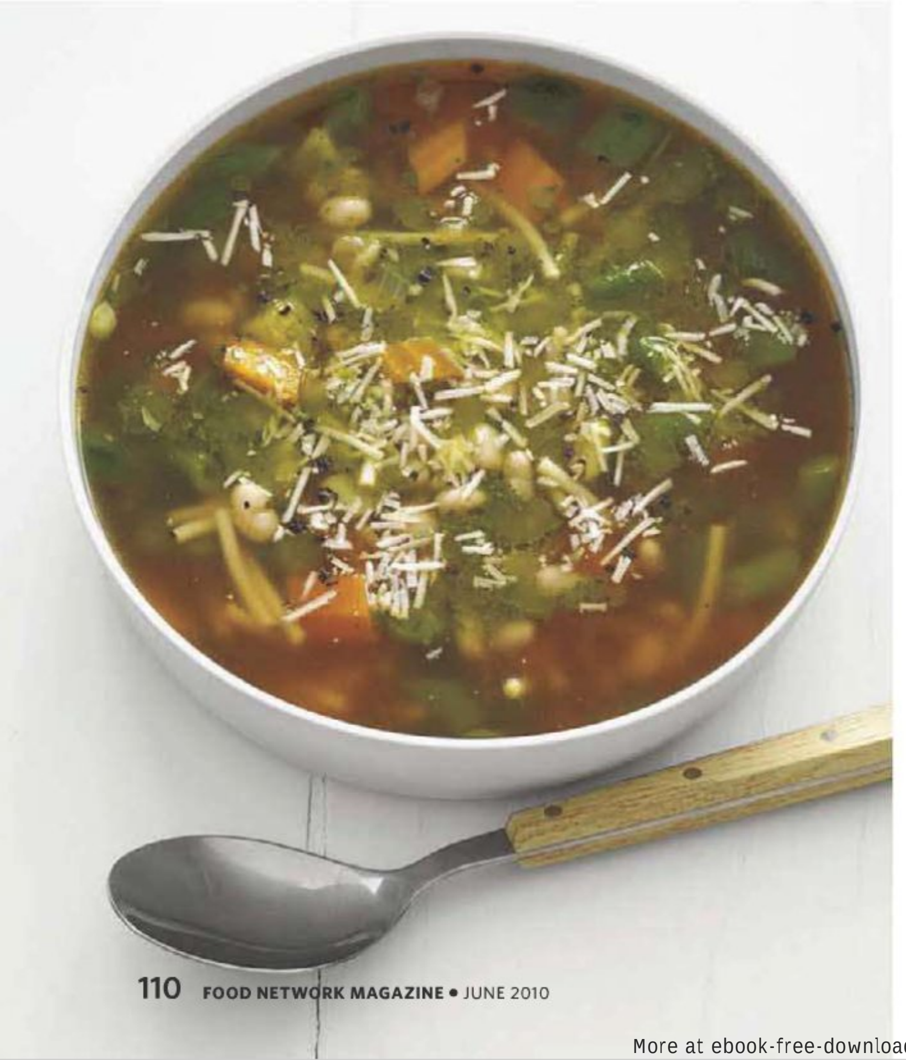
PISTOU SOUP

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

2 tablespoons extra-virgin olive oil
2 carrots, halved lengthwise and thinly sliced
1 medium onion, chopped
2 to 3 cloves garlic, chopped
2 tablespoons tomato paste
Kosher salt and freshly ground pepper
¼ pound green or yellow wax beans
1 small zucchini or yellow summer squash
1 15-ounce can white beans or chickpeas, drained and rinsed
½ cup broken spaghetti or other small pasta
¾ cup store-bought pesto
Grated parmesan cheese and crusty bread, for serving (optional)

1. Heat the olive oil in a large pot over medium-high heat. Add the carrots and onion and cook, stirring constantly, until the onion is lightly browned, about 5 minutes. Add the garlic, tomato paste and 1 tablespoon salt and cook 1 more minute. Add 7 cups water, cover and bring to a boil. Uncover, reduce the heat and simmer 5 minutes. Season with salt and pepper.
2. Meanwhile, trim the green beans and zucchini and cut into ½-inch pieces. Stir into the prepared broth along with the beans and spaghetti. Simmer until the pasta is al dente, about 10 minutes.
3. When ready to serve, whisk ⅓ cup pesto into the soup. Ladle into bowls and top with the remaining pesto. Sprinkle with parmesan and serve with bread, if desired.

Per serving: Calories 479; **Fat** 30 g (**Saturated** 7 g); **Cholesterol** 15 mg; **Sodium** 1,922 mg; **Carbohydrate** 39 g; **Fiber** 9 g; **Protein** 17 g



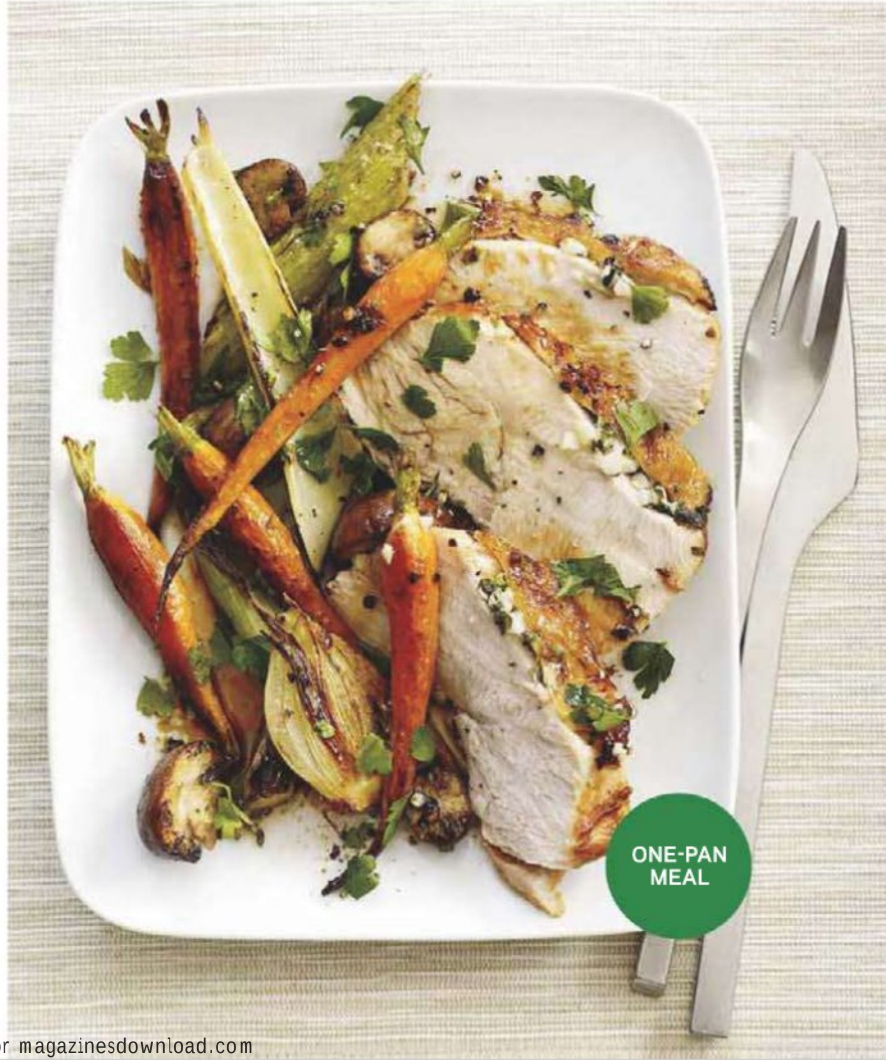
SKILLET TURKEY WITH ROASTED VEGETABLES

ACTIVE: 20 min | TOTAL: 40 min | SERVES: 4

1 skin-on boneless turkey breast (1½ to 1¾ pounds)
3 tablespoons extra-virgin olive oil
¾ teaspoon dried marjoram
2 cloves garlic, finely chopped
Kosher salt and freshly ground pepper
2 bunches spring onions or small regular onions, trimmed and halved
4 stalks celery, cut into 3-inch pieces
2 bunches small carrots, trimmed
1 10-to-12-ounce package mixed mushrooms, stemmed
2 tablespoons chopped fresh parsley

1. Preheat the oven to 475°. Heat a large cast-iron skillet over high heat. Rub the turkey skin with 1 tablespoon olive oil; rub over and under the skin with the marjoram, garlic, salt and pepper.
2. Sear the turkey, skin-side down, without moving, until golden, 4 to 5 minutes. Flip the turkey, then add the onions, cut-side down, and cook until slightly browned, 4 to 5 more minutes. Scatter the celery and carrots over the onions, drizzle with 1 tablespoon olive oil and season with salt and pepper. Add the mushrooms, drizzle with the remaining 1 tablespoon oil and season with salt and pepper.
3. Transfer the skillet to the oven and roast until a thermometer inserted into the thickest part of the turkey registers 160° and the vegetables are tender, 20 to 25 minutes. Let the turkey rest 5 minutes before slicing. Sprinkle with the parsley.

Per serving: Calories 371; **Fat** 15 g (**Saturated** 3 g); **Cholesterol** 119 mg; **Sodium** 671 mg; **Carbohydrate** 14 g; **Fiber** 4 g; **Protein** 44 g



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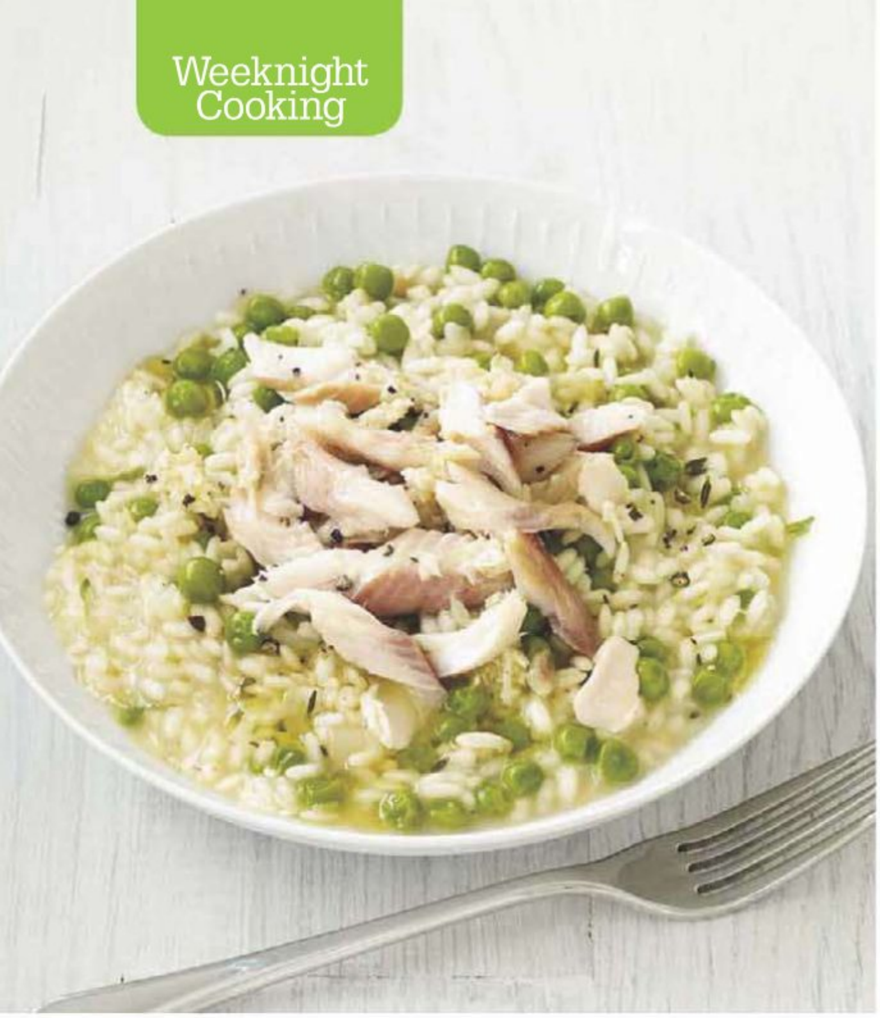

RICE AND PEAS WITH TROUT

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

2 tablespoons extra-virgin olive oil, plus more for drizzling
1 small onion, chopped
2 teaspoons chopped fresh thyme
1 cup arborio rice
¼ cup dry white wine
Kosher salt and freshly ground pepper
1½ cups low-sodium chicken broth
1½ cups fresh or frozen peas
2 tablespoons horseradish
½ cup grated parmesan cheese
6 ounces smoked trout fillet, flaked
Baby greens or pea shoots, for serving (optional)

You can replace the trout with shredded rotisserie chicken or leftover salmon.

1. Preheat the oven to 375°. Heat the olive oil in an ovenproof pot over medium heat. Add the onion and thyme and cook until the onion is slightly softened, about 2 minutes. Stir in the rice and cook, stirring, until glossy, 1 to 2 minutes. Add the wine and cook, stirring, until it's absorbed, about 1 minute. Add 1 teaspoon salt, and pepper to taste.
2. Pour the broth and 1½ cups water over the rice and bring to a simmer, about 4 minutes. Stir, then cover and transfer to the oven. Bake 20 minutes, stirring halfway through.
3. Meanwhile, cook the peas in 4 cups salted boiling water until tender, about 5 minutes. Reserve 1 cup cooking water, then drain.
4. Remove the rice from the oven. Stir in the peas, 1 tablespoon horseradish, the parmesan, and salt and pepper to taste. Stir in enough of the reserved cooking water until the rice is creamy. Divide among bowls. Top with the trout, the remaining tablespoon horseradish, and baby greens, if desired. Drizzle with olive oil.

Per serving: Calories 370; Fat 16 g (Saturated 5 g); Cholesterol 63 mg; Sodium 925 mg; Carbohydrate 29 g; Fiber 4 g; Protein 2 g

DRUMSTICKS WITH BISCUITS AND TOMATO JAM

ACTIVE: 25 min | TOTAL: 40 min | SERVES: 4

2 pints grape tomatoes
3 to 4 tablespoons sugar
2 sprigs fresh thyme, plus 2 teaspoons chopped leaves
Kosher salt and freshly ground pepper
Juice of 1 lemon
⅓ cup honey mustard
2 tablespoons Worcestershire sauce
1 cup all-purpose flour
8 skin-on chicken drumsticks (about 2½ pounds)
5 tablespoons unsalted butter
Biscuits, for serving

1. Preheat the oven to 400°. Put the tomatoes, sugar, thyme sprigs, 1 cup water, ½ teaspoon salt, and pepper to taste in a small saucepan. Bring to a boil over high heat, then reduce the heat and simmer, stirring occasionally, until thick, about 30 minutes.
2. Meanwhile, mix half of the lemon juice, the chopped thyme, mustard and Worcestershire sauce in a large bowl. Season the flour with salt and pepper in another bowl.
3. Heat a large cast-iron skillet over medium-high heat. Season the drumsticks with salt and pepper. Dip in the mustard mixture, then dredge in the seasoned flour. Melt the butter in the skillet and fry the drumsticks, turning, until golden on all sides, about 6 minutes. Transfer the skillet to the oven; bake until the chicken is golden and a thermometer inserted into the center registers 155°, about 15 minutes.
4. Add the remaining lemon juice to the tomato jam and season with salt and pepper. Serve the drumsticks with the jam and biscuits.

Per serving: Calories 535; Fat 33 g (Saturated 13 g); Cholesterol 149 mg; Sodium 859 mg; Carbohydrate 28 g; Fiber 3 g; Protein 36 g

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CURRIED RICE PILAF

Sauté 1 chopped **onion,** 2 smashed **garlic cloves,** 1 **cinnamon stick,** a strip of **lemon zest,** ½ teaspoon **curry powder** and a pinch of **turmeric** in a saucepan with **butter** and **olive oil** until lightly browned. Add 1 cup **basmati rice** and stir until toasted. Add 1⅓ cups water, season with **salt** and bring to a boil, then cover and simmer 15 minutes. Let sit 5 minutes, then fluff with a fork and add a splash of **lemon juice** and some **cilantro** and **cashews.**

MUSHROOM SALAD

Combine 1 pound thinly sliced **button mushrooms** with 3 tablespoons **lemon juice,** 2 tablespoons **olive oil** and 2 tablespoons each chopped **parsley, dill** and **chives** in a bowl. Season with **salt** and **pepper** and toss.

ESCAROLE-BACON SALAD

Cook 6 diced strips **bacon** in a skillet; drain on paper towels. Whisk 2 teaspoons **dijon mustard,** 3 tablespoons **red wine vinegar,** 1 teaspoon **honey,** and **salt** and **pepper** into the drippings. Whisk in 2 tablespoons **olive oil.** Toss the dressing with 1 head torn **escarole,** sliced **radishes,** shaved **gouda** and the bacon.

6 EASY SIDES

TARRAGON SNAP PEAS

Cook 1 pound **sugar snap peas** in boiling salted water until crisp-tender, about 4 minutes. Drain and toss with 2 tablespoons chopped **tarragon,** 1 tablespoon **olive oil,** and **salt** and **pepper.**

EGGPLANT WITH PEANUT DRESSING

Puree 2 tablespoons **peanut butter,** 1 **garlic clove,** the juice of 1 **lemon** and some fresh **oregano** in a blender. Blend in 3 tablespoons each **olive oil** and water; add **salt** and **pepper.** Brush 2 thinly sliced **eggplants** with olive oil, season with salt and pepper and grill 3 minutes per side. Top with the peanut dressing, more oregano and **red pepper flakes.**

WATERMELON-CUCUMBER SALAD

Soak ½ thinly sliced **red onion** in cold water. Pat dry 4 cups diced **watermelon** and 1 seeded and sliced **cucumber;** toss with a handful of thinly sliced **mint.** Drain the onion, squeeze dry and add to the salad along with some chopped **cashews.** Add ¼ cup **olive oil** and the juice of ½ **lemon;** season with salt and toss. Top with crumbled **goat cheese.**

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CHEDDARWURST® AND APPLE KABOBS

Prep Time: 15 minutes **Cook Time:** 15 minutes
Makes: 6 servings (1 kabob each)

Ingredients:

- 1 pkg. **Hillshire Farm® CheddarWurst® Sausage**
- 1 large tart green apple, cored and cut into 1 inch pieces
- ¼ cup apple jelly
- 1 medium red bell pepper, cut into 1 inch chunks
- 1 small red onion, cut into 1 inch pieces
- 1 tablespoon Dijon mustard

Directions:

1. Cut each sausage into 3 pieces. Thread sausage, apple, pepper and onion onto 6 skewers, leaving a small space between each item. **2.** Melt apple jelly in small saucepan over low heat. Add mustard, mixing until well blended. **3.** Grill kabobs over medium heat, turning frequently for 10 minutes. Brush kabobs with apple jelly mixture and grill 2 minutes longer, or until apple and vegetables are crisp-tender.

CHEDDARWURST® TOPPED WITH FRESH AVOCADO SALSA

Prep Time: 15 minutes **Cook Time:** 10 minutes
Makes: 6 servings (1 sandwich each)

Ingredients:

- 1 pkg. **Hillshire Farm® CheddarWurst® Sausage**
- ¼ cup fresh lime juice, divided
- 1 cup chopped tomatoes
- 1 avocado, peeled, chopped
- 1 jalapeno pepper, seeded, chopped
- 1 tablespoon finely chopped red onion
- ¼ cup chopped cilantro
- ½ teaspoon salt
- 6 French bread rolls or hot dog buns, split

Directions:

1. Brush sausages with half of the lime juice; set aside remaining lime juice. **2.** Combine tomatoes, jalapeno, avocado, onion, remaining lime juice, cilantro and salt. **3.** Grill sausages according to package directions, turning frequently and brushing with reserved lime juice. Place one grilled sausage in each roll and generously top with avocado mixture.

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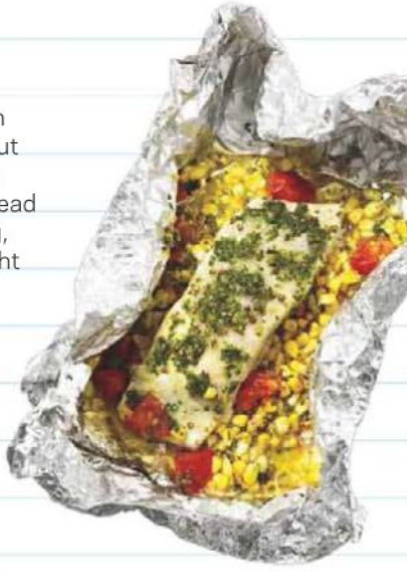
Weeknight Cooking

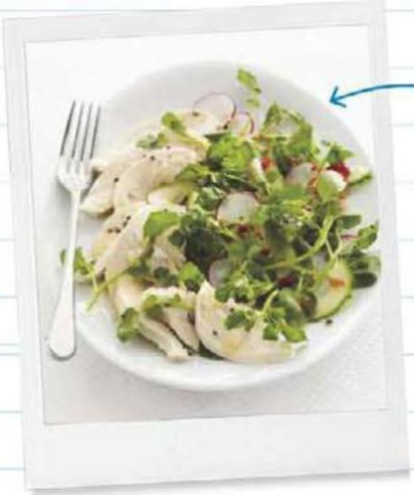
Hot Tips

from Food Network Kitchens' **Katherine Alford:**

Put foil to new use.



There's a fancy French technique of steaming in parchment paper, called cooking *en papillote*, but I like to simplify it and use foil, as we did for the striped bass on page 100. It's a great make-ahead meal: You can prep the packets in the morning, throw them in the fridge, then put them straight on the grill later that night—and the cleanup couldn't be easier.



Poach for a change.

Poaching is a fast and healthy way to cook chicken—perfect for summertime meals, like our ginger chicken on page 106. To get really tender meat, you need to gently coax the protein to firmness. The poaching water should barely simmer, with just a few tiny bubbles breaking the surface; boiling will make the meat tough.

Upgrade your tuna.

If you usually buy cans of tuna in water, it's time to try the kind packed in olive oil: It's so much more moist. Add a little bit of the oil from the can to your dish, as we did in our pork recipe on page 100, and you won't need to add extra mayonnaise or olive oil. For a quick salad, just mix oil-packed tuna with lemon juice and fresh herbs.

Leave the peels on your shrimp.

It's OK to be lazy and not bother with peeling: Shrimp always taste better when they're cooked in the shell. The shells protect the inside from the heat, so you're much less likely to overcook the shrimp, and in a dish like our shrimp boil on page 106, the shells also help flavor the broth. (Just remember to serve with plenty of napkins!)

FOIL PACKET: ANTONIS ACHILLEOS; FOOD STYLING: JAMIE KIMM. TUNA: STUART TYSON/STUDIO D. POLAROIDS: ISTOCKPHOTO. GETTY IMAGES. DANDELION GREENS: SUZIFOO/ISTOCKPHOTO. POLAROIDS: ISTOCKPHOTO.
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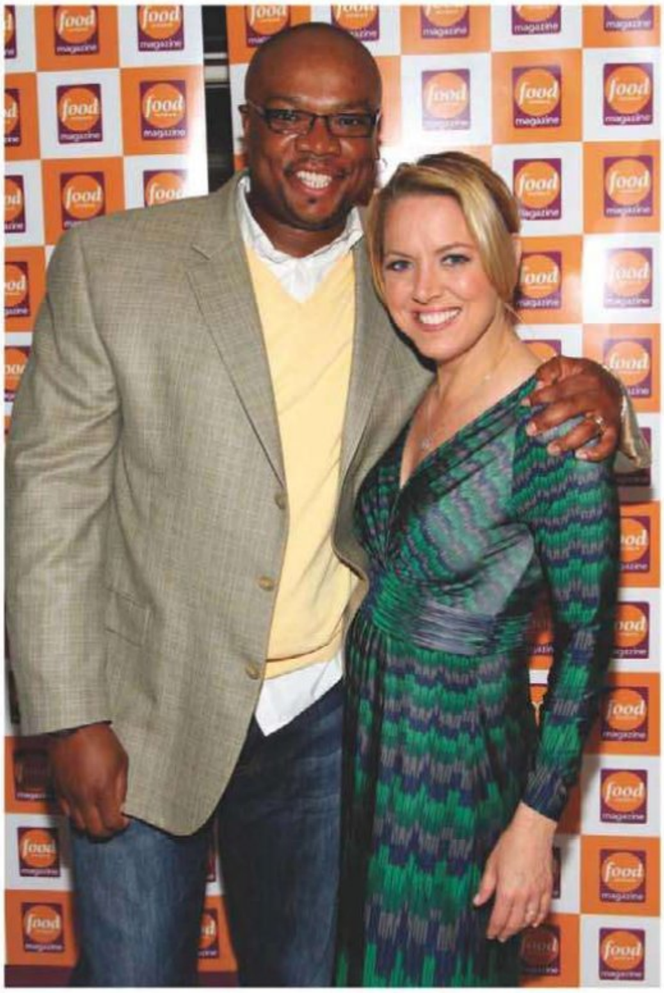
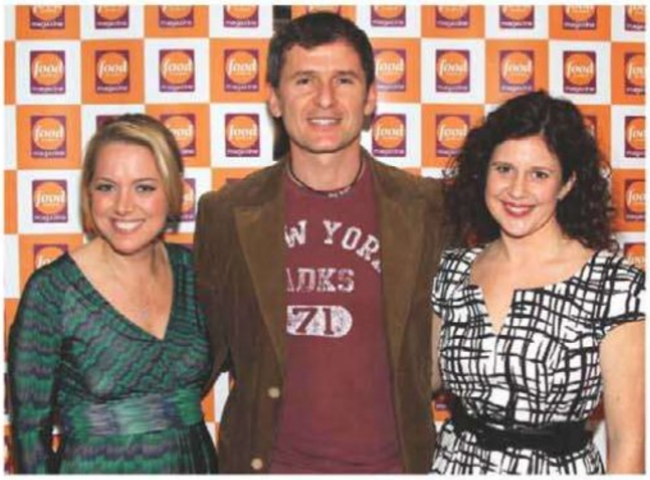
food network magazine LOUNGE

MIAMI, FEBRUARY 24, 2010

On February 24, 2010, *Food Network Magazine* hosted its inaugural Lounge event at BLT Steak, in the Betsy Hotel, South Beach. Magazine subscribers and VIP guests mixed and mingled with Food Network stars Melissa d'Arabian and Aaron McCargo, Jr. Delicious hors d'oeuvres and signature drinks were created with recipes straight from the magazine. Every guest left with a fabulous goody bag!





Top row: Melissa d'Arabian, host of Food Network's *Ten Dollar Dinners*, Lorenzo Boni, Executive Chef, Barilla America, Inc. and Angie Goldberg, Director of Marketing, Barilla America, Inc.; Aaron McCargo, Jr., host of Food Network's *Big Daddy's House*, and Melissa d'Arabian. *Middle row:* Barilla® Three Cheese Tortellini; Guests enjoying Seven Daughters wine; Häagen-Dazs® ice cream served with an Almond Tuile. *Bottom row:* Seven Daughters wine; VIVA® Towel Display.

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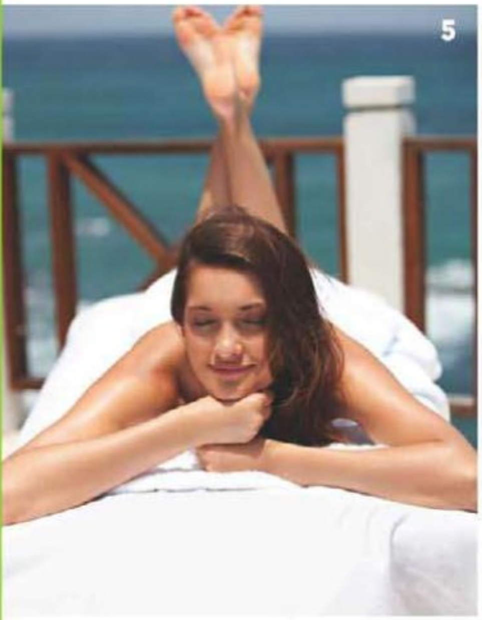
THE FLAVORS OF MEXICO

Blending the nectars of Mayan kings and the flavors of Spanish colonists, Mexico's culinary tradition is as rich as its history. And as the 6 regions here prove, it is as varied, modern and sophisticated as any cuisine in the world.



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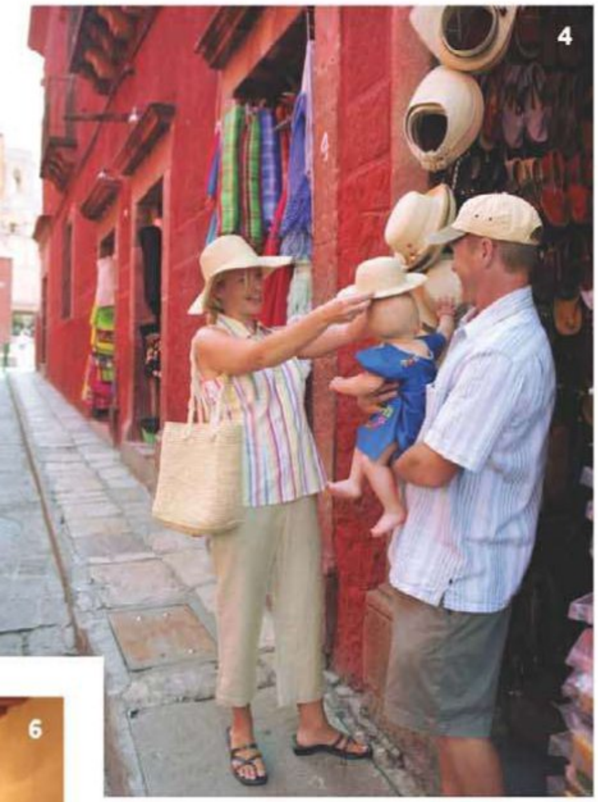

CLOCKWISE FROM TOP LEFT:
1. The Yucatán Peninsula offers views as seductive as its cuisine. 2. Pitahayas is the only restaurant on the Baja peninsula to receive the coveted "International Five-Star Diamond Award". 3. Mexico—the oldest wine producer in the Americas—is now winning awards for world-class vintages. 4. The cobbled streets and myriad shops of San Miguel de Allende invite window-shopping. 5. The Mexican spa experience indulges with mineral-rich waters, volcanic mud and native herbs. 6. Oaxaca's Casa Oaxca restaurant offers Mexican nouvelle cuisine. 7. The commanding Beaux-Arts exterior of Mexico City's Fine Arts Palace. 8. World-class seafood from Mexico's Gulf Coast.

BAJA CALIFORNIA PENINSULA

The Baja California region is renowned for great seafood (thanks to its generous coastline) and world-class beef that benefits from the ideal conditions of arid inland ranching. Those looking for the best in nouvelle Mexican cuisine can visit La Frida, Pitahayas and Canto del Mar—3 restaurants in Los Cabos recently recognized with International Star Diamond Awards. Equally celebrated are the L.A. Cetto and Casa Pedro Domecq wineries, located in "Valle de Guadalupe." They offer tours, tastings and an impressive grape selection including Cabernet Sauvignon, Petite Sirah, Malbec, Chardonnay and Sauvignon Blanc. And their award-winning Zinfandel is the perfect accompaniment to the region's celebrated beef.

PACIFIC COAST

Mexico's Pacific Region provides the culinary enthusiast great pleasures. Known for their creativity in interpreting traditional Mexican dishes, Oaxaca's restaurants are the perfect place to sample Mexico's famous moles. Each prepares this time-consuming, rich, chocolate-tinged sauce differently, with 30 ingredients not unheard of. Looking for even more inventive fare? The city's Casa Oaxaca restaurant is one of the first to offer Mexican nouvelle cuisine—including squash blossom stuffed with fresh cheese and honey.

CENTRAL MEXICO

Mole poblano (found in Puebla) and chiles en Nogada are this region's specialty. The latter —featuring poblano chilis stuffed with cooked ground beef, covered in a walnut cream sauce and sprinkled with pomegranate seeds—is originally from Puebla, though very popular in Mexico City during August and September. Mexico's capital also boasts world-class shopping, museums and hotels, including the cosmopolitan Presidente InterContinental—conveniently located near the National Museum of Anthropology.

YUCATÁN PENINSULA

While this region is home to the ancient ceremonial grounds of Chichen Itza and the luxurious haciendas of Mérida, it also presents visitors with an equally rich culinary history. Tamales are Yucatán's traditional dish, usually cooked in a pit or baked in an oven and seasoned with achiote seeds. For the uninitiated, pan de cazón is a delicious surprise—a stack of tortillas spread with black beans and cooked fish, topped with a delicately seasoned tomato sauce.

THE GULF

The cuisine of Veracruz and Tabasco is a tasty blend of indigenous, Afro-Cuban and Spanish cultures. One can sample exotic tortas de iguana (sliced bread stuffed with iguana meat), pozol (a drink made from ground corn and cacao) and the renowned coffee that grows in the region's rich volcanic soil. Yet no visitor should leave without extensively sampling the world-class seafood here. Shrimp, red snapper, clams and crab can be savored Veracruzana style—in a tomato sauce seasoned with olives, chilies and capers—or "a la plancha," which uses a metal plate over an open flame.

GOVERNMENT STANDARDS Mexico's celebrated cuisine is prepared under strict standards for quality and hygiene established by the Ministry of Health.

Mexico invites you on a culinary tour of traditional flavors and modern preparation. Learn more at visitmexico.com

MÉXICO TIME TO go!

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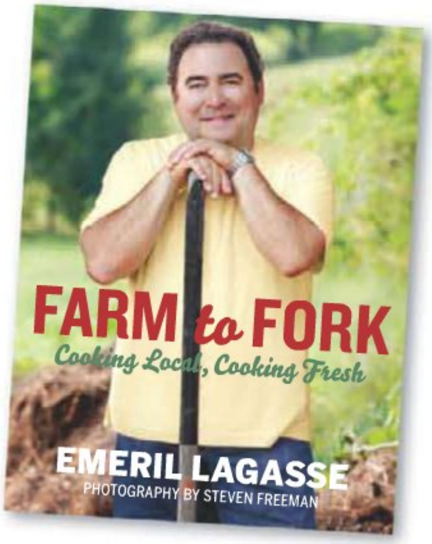
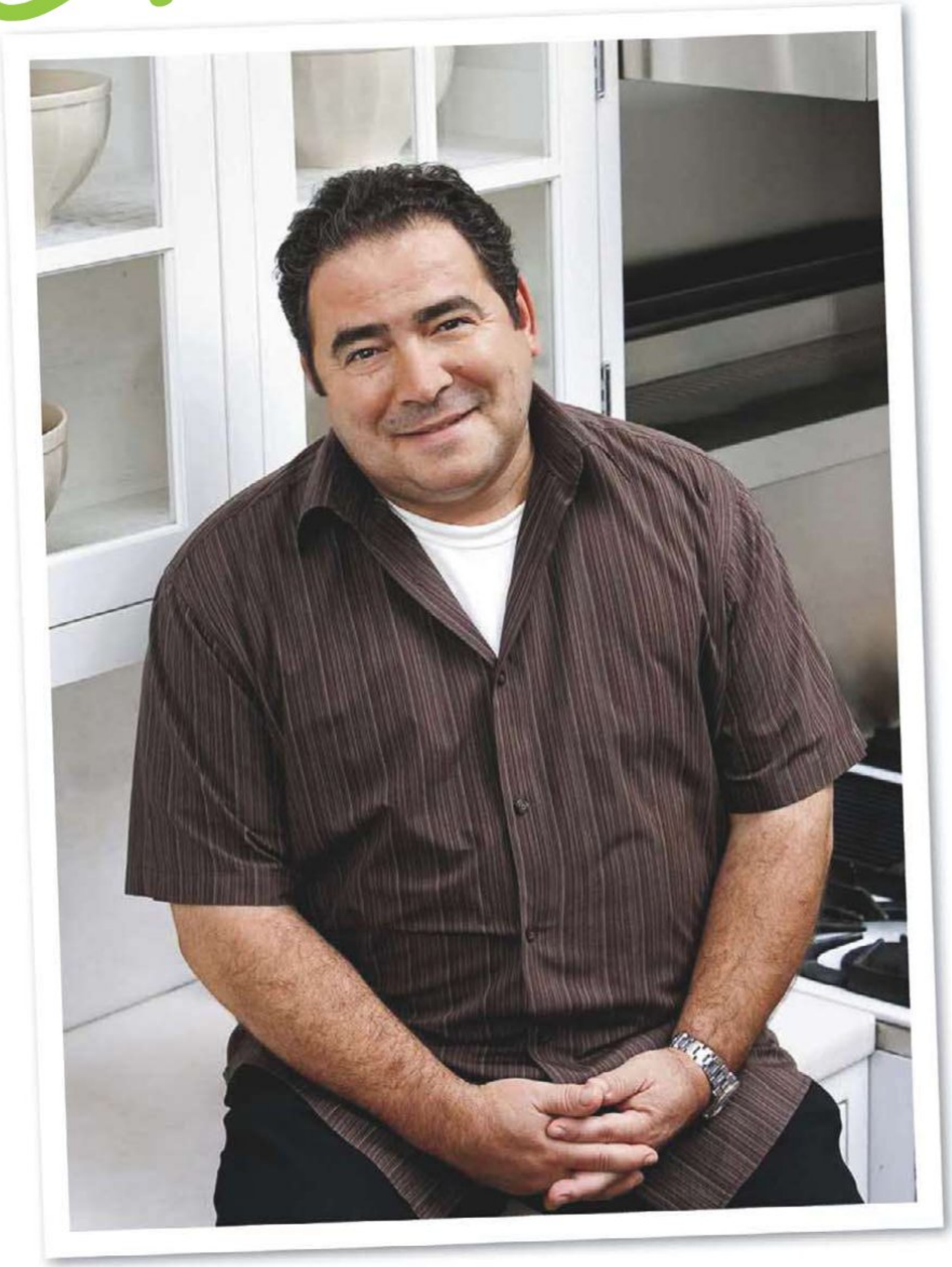
Emeril Goes Green

Fresh from Emeril Lagasse's new farm-to-table cookbook: eight great ways to use your herb garden.





Any home gardener knows that if you give herbs a little sun and space, they'll grow like crazy. And that's a good thing, especially if you want to try all of the flavor-packed recipes in Emeril Lagasse's latest cookbook, *Farm to Fork: Cooking Local, Cooking Fresh* ($25; HarperStudio). In the book, Emeril gets back to his roots: Long before he became the chef at Commander's Palace in New Orleans and the celebrity he is today, he spent a number of years helping out on his uncle's farm in Massachusetts. "It really stuck with me," he says. "Once I became a chef and began honing my craft, I knew the most important thing was to use the freshest and the best ingredients I could find."

Emeril devotes the first chapter of his book to herbs, and we got him to share a few of his favorite new recipes. His only request: that we all use fresh herbs from farmers' markets—there are now more than 4,500 nationwide—or better yet, from our own gardens. "An added bonus," he says, "is that there is no excess packaging to recycle."

FROM THE FORTHCOMING BOOK *FARM TO FORK* BY EMERIL LAGASSE. COPYRIGHT © 2010 BY EMERIL/MSLO ACQUISITION SUB, LLC. REPRINTED BY ARRANGEMENT WITH HARPERSTUDIO, AN IMPRINT OF HARPERCOLLINS PUBLISHERS. PORTRAIT: STEVEN FREEMAN.

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Infuse your own oils.

When his garden is overflowing with herbs, Emeril makes flavored oils to use on veggies, pastas, sandwiches, salads and grilled meats. "Not only are they flavorful but they also add dramatic color when drizzled on plates," he says. "If you want to kick it up, add half a clove of smashed garlic and ⅛ teaspoon crushed red pepper to the blender."

Try this recipe with 2 bunches fresh chives or 2 cups packed fresh mint leaves instead.

BASIL OIL

MAKES: 1 cup

2 ounces fresh basil leaves (about 2 cups packed)
¾ cup canola, grapeseed or other vegetable oil
Salt

1. In a small bowl, combine 1 cup ice cubes with 1 cup water. Set it aside.
2. Bring 2 cups water to a boil in a small saucepan. Add the basil leaves all at once, stirring to make sure they are submerged, and cook for 10 seconds. Immediately transfer them, using a slotted spoon, to the ice bath. Once they have cooled, remove the basil leaves and set them on paper towels. Squeeze the paper towels gently but firmly in your hands to absorb as much liquid as possible.
3. Pour the oil into a blender, add ⅛ teaspoon salt and mix on high speed. While the machine is running, add half the basil leaves and process briefly. Then add the remaining basil and puree it (doing this in batches prevents bruising the leaves and keeps the color intact). Transfer the basil oil to a small container, cover and refrigerate for up to 1 week. (If you like, strain the oil through a fine-mesh sieve.)

FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAMELA DUNCAN SILVER.

Punch up your pesto.

Most people think of basil as the default herb for pesto, but Emeril turns out a great pesto using cilantro. He puts it on hot pasta, drizzles it on simply cooked meat or fish, or tosses it with boiled vegetables. "You could even stir it into a pot of beans or soup," he says. "Use it any way in which you'd enjoy traditional basil pesto."

CILANTRO PESTO

MAKES: generous 1½ cups

2 cups packed fresh cilantro leaves
¾ cup hulled pepitas (raw pumpkin seeds), toasted
½ cup grated cotija cheese
2 cloves garlic, crushed
1 cup plus 2 tablespoons canola, grapeseed or other neutral oil
1 teaspoon grated lime zest
2 tablespoons freshly squeezed lime juice
Salt and freshly ground pepper

1. Place the cilantro, pepitas, cotija and garlic in a food processor and blend until just smooth. With the motor running, add the oil in a slow, steady stream.
2. Transfer the mixture to a bowl and stir in the lime zest, juice, 1¼ teaspoons salt and ½ teaspoon pepper. Use immediately, refrigerate for up to 2 days or store in an airtight container in the freezer for up to 1 month.

FOOD PHOTOGRAPHY BY **ANNA WILLIAMS**

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Use herbs as lettuce.

Herbs have loads of flavor, so they deserve more than just a bit part in your salads: Try tossing in whole or roughly torn leaves, using about ¾ cup soft herbs with every 12 ounces of lettuce. Emeril's go-to combo includes whole flat-leaf parsley and mint leaves, roughly chopped basil and snipped chives, which he tosses with mixed greens, hard-boiled eggs, capers, ricotta salata and a bright, lemony vinaigrette.

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Look for the chef on his new show, ***Emeril's Fresh Food Fast***, coming soon to Food Network's sister network, Cooking Channel.

Dress up your cheese plate.

Lots of prepackaged soft cheeses come rolled in herbs, but why not make your own? Mix a log of softened goat cheese with a combo of your favorite chopped herbs, a splash of olive oil, and salt and pepper; chill for half an hour. Roll and flatten small portions of the cheese into "buttons" and drizzle with more oil. "They serve as a wonderful spread for crackers or crusty bread and make a nice garnish for dressing up a simple green salad," Emeril says.

Banish breadcrumbs.

Cutting carbs isn't really Emeril's style, but come summer, he dresses up fish with a fresh coat of herbs in place of breadcrumbs. The trick works particularly well with a mild, flaky fish like halibut. Just chop up a handful of your favorite herbs—Emeril often uses dill, parsley and chervil—and mix with lemon zest. (Rub the fillet with dijon mustard first to help the herbs stick.) "It's perfect for a weeknight dinner yet still sophisticated enough for weekend entertaining," the chef says.

"'Buy fresh, buy local' is a slogan that both my restaurants and my family try to live by....We really do owe it to ourselves and to the farmers to give our support."

MON/MON 2010 • FOOD NETWORK MAGAZINE 124

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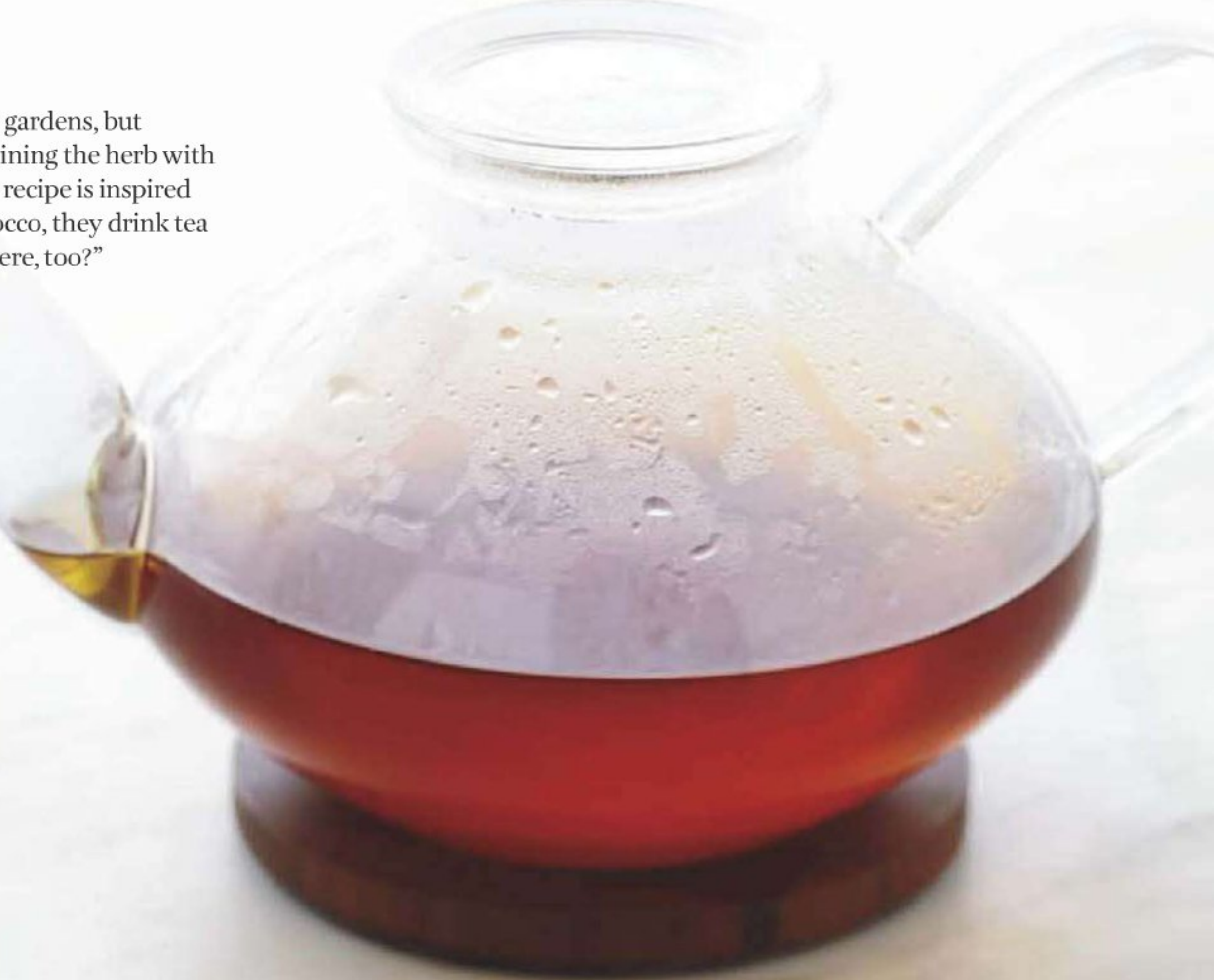
Make a cup of tea.

Fast-growing mint is famous for taking over gardens, but Emeril puts it all to good use: He loves combining the herb with orange to make a refreshing, citrusy tea. His recipe is inspired by traditional Moroccan mint teas. "In Morocco, they drink tea throughout the day," he says. "So why not here, too?"



FRESH MINT TEA

SERVES: 2 to 4

- 1½ cups loosely packed fresh spearmint leaves
- ⅓ cup sugar
- 2 ¼-inch-thick orange slices (do not peel)
- 6 whole cloves
- 2 orange pekoe tea bags

1. Bring 4 cups of water to a boil in a saucepan. **2.** In another saucepan, combine the spearmint leaves, sugar, orange slices, cloves and tea bags. Carefully pour the boiling water over the tea mixture and let it steep for 3 minutes. Stir to dissolve the sugar, and then strain the tea into a small warmed teapot or other serving vessel. Serve hot.

Put a spin on shaved ice.

After adding tarragon to this icy apple treat, Emeril declared it the "granita of all granitas." The flavor isn't overwhelming, he says. "It's delicately herby and amazingly refreshing."

APPLE TARRAGON GRANITA

ACTIVE: 20 min | TOTAL: 4 hr 20 min
SERVES: 4 to 6

- ½ cup sugar
- ½ cup fresh tarragon leaves (from about 4 large sprigs)
- 3 cups apple juice
- 4 teaspoons freshly squeezed lemon juice

1. Place the sugar and tarragon in a food processor or blender and pulse until the tarragon is finely ground and the sugar is green. Transfer the tarragon sugar to a medium bowl; add the apple juice and lemon juice and whisk to combine. Let the mixture stand for 10 minutes, stirring it occasionally, until the sugar has dissolved. **2.** Pour the mixture into a 9-inch-square nonreactive metal baking pan and place it in the freezer. Stir the mixture, pulling a fork back and forth through it, every 45 minutes or so for 4 hours, or until frozen. The mixture will become a fluffy, icy concoction. **3.** To serve the granita, spoon it into chilled dishes.

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Try an herb dessert.

Mint isn't the only herb that belongs on a dessert plate: Emeril dresses up this peach dessert with basil. "Basil is actually a member of the mint family, making it useful in both sweet and savory dishes," he says. He chose opal basil for this dish because of its pretty purple color and relatively sweet taste.

OPAL BASIL–MACERATED PEACHES

ACTIVE: 10 min | TOTAL: 15 (plus chilling)
SERVES: 4 to 6

4 firm-ripe peaches, peeled, pitted and quartered
1 ounce opal basil leaves (about 2 cups loosely packed)
1 teaspoon grated lime zest
1 cup sugar
Crème fraîche, for serving (optional)

1. Place the peaches and basil in a medium bowl and set it aside. Combine the lime zest, sugar and 1 cup water in a medium saucepan. Bring to a boil, stirring to dissolve the sugar. Lower the heat and simmer for 2 minutes. Then pour the hot syrup over the peaches and basil. Cover and chill for 2 hours.
2. Serve the peaches in bowls, garnished with a dollop of crème fraîche, if desired.

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TUSCAN COUNTRYSIDE

Barilla

PENNE

Some fall in love with Tuscan cuisine as soon as they arrive.

*****

Others love it so much they never leave.

Aldo has lived on a hill overlooking Siena his entire life. Part of an ancient form of sharecropping called Mezzandria, he works the olive groves in exchange for a portion of the farm's produce. And while most everything in Aldo's kitchen comes from the land, there's one thing that comes from the market — Barilla pasta.

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Barilla Penne
with spinach, cherry tomatoes and Tuscan Pecorino cheese

GENUINE BARILLA — Parma, Italy

Ingredients

Barilla Penne	1 box
Extra virgin olive oil	4 tbsp, divided
Garlic	1 clove, chopped
Cherry tomatoes	4 cups, halved
Fresh baby spinach	1 (6 oz.) bag
Tuscan Pecorino cheese	1 cup, shaved

Salt & black pepper to taste

For the complete recipe visit
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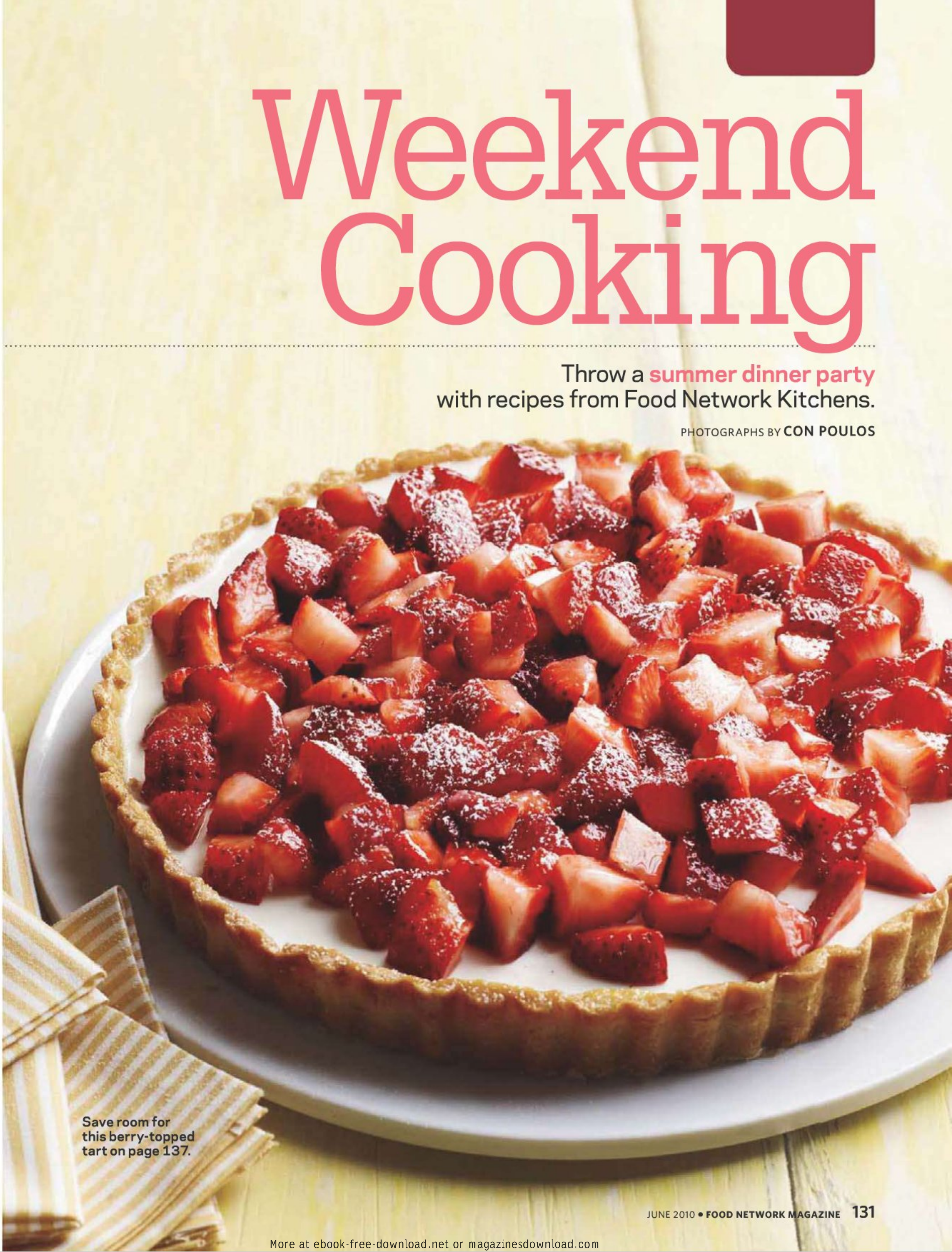
Weekend Cooking

Throw a **summer dinner party** with recipes from Food Network Kitchens.

PHOTOGRAPHS BY **CON POULOS**



Save room for this berry-topped tart on page 137.

FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN.

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Diner Special

- Veggie Dagwood Sandwiches
- Spicy Potato Chips
- Boozy Blondie Milkshakes

We lightened an old-school Dagwood sandwich by building it with grilled and marinated vegetables.

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VEGGIE DAGWOOD SANDWICHES

ACTIVE: 1 hr 5 min | TOTAL: 1 hr 25 min
MAKES: 4 quadruple-decker sandwiches (SERVES: 8)

- 1 cup mayonnaise
- 3 tablespoons ketchup
- 1 tablespoon sweet pickle relish
- 24 slices bread (about 2 loaves), such as potato, sun-dried tomato, olive or rye
- 1 heart romaine lettuce, leaves separated
- Grilled mushrooms and eggplant; marinated tomatoes, zucchini and radishes; pickled onions (see right)
- 12 ounces dill havarti cheese, sliced
- Spanish olives, for serving

1. Whisk the mayonnaise, ketchup and relish in a small bowl. Lay out 24 slices of bread and lightly spread one side of each with the mayonnaise mixture. Top 4 slices with lettuce and grilled mushrooms. Top with another slice of bread, mayonnaise-side up, followed by cheese, grilled eggplant and a third slice of bread, mayonnaise-side down. Set aside.

2. Top 4 more slices of bread with lettuce, cheese and marinated tomato. Top with another slice of bread, mayonnaise-side up, followed by marinated zucchini and radishes, and pickled onions. Top with the remaining 4 slices of bread, mayonnaise-side down.

3. Stack the eggplant clubs on top of the zucchini clubs to make a Dagwood, secure with a long skewer and top with an olive. Arrange the Dagwoods on a platter; dismantle into club sandwiches to serve.

HOW TO Prep the Veggies

MARINATED RADISHES
Thinly slice 1 bunch radishes. Toss with the juice of 1 lemon and season with salt and pepper. Let marinate about 20 minutes.

GRILLED EGGPLANT
Mix ½ cup olive oil, 3 minced garlic cloves and 1 teaspoon minced thyme. Thinly slice 1 eggplant. Brush with the garlic oil, season with salt and pepper and grill until charred, about 3 minutes per side.

PICKLED ONIONS
Bring 1¼ cups red wine vinegar, 6 tablespoons sugar, ½ teaspoon fennel seeds, 1 bay leaf, a pinch of red pepper flakes and ½ teaspoon salt to a boil. Add 2 sliced red onions and simmer 1 minute; let cool.

GRILLED MUSHROOMS
Mix ½ cup olive oil and 3 minced garlic cloves. Scrape out the gills from 8 portobello mushroom caps, brush with the garlic oil and season with salt and pepper. Grill about 4 minutes per side.

MARINATED ZUCCHINI
Thinly slice 2 zucchini lengthwise. Lay on a platter, sprinkle with the zest and juice of 1 lemon and season with salt and pepper. Let marinate about 20 minutes.

MARINATED TOMATOES
Thinly slice 2 beefsteak tomatoes and sprinkle with 1 teaspoon salt and pepper to taste. Let marinate about 20 minutes.

BOOZY BLONDIE MILKSHAKES

MAKES: 8 shakes

- 2 quarts vanilla ice cream, softened
- 1 cup malted milk powder (such as Ovaltine)
- ⅔ cup scotch

Blend the ice cream, malt powder and scotch in a blender until smooth (in batches, if necessary). Divide among chilled glasses.

SPICY POTATO CHIPS

Jazz up your favorite store-bought potato chips: Spread the chips on a baking sheet and warm in a 350° oven until they look oily. Sprinkle with chili powder, paprika, ground mustard, salt and a tiny pinch of cayenne pepper. Let cool before serving.

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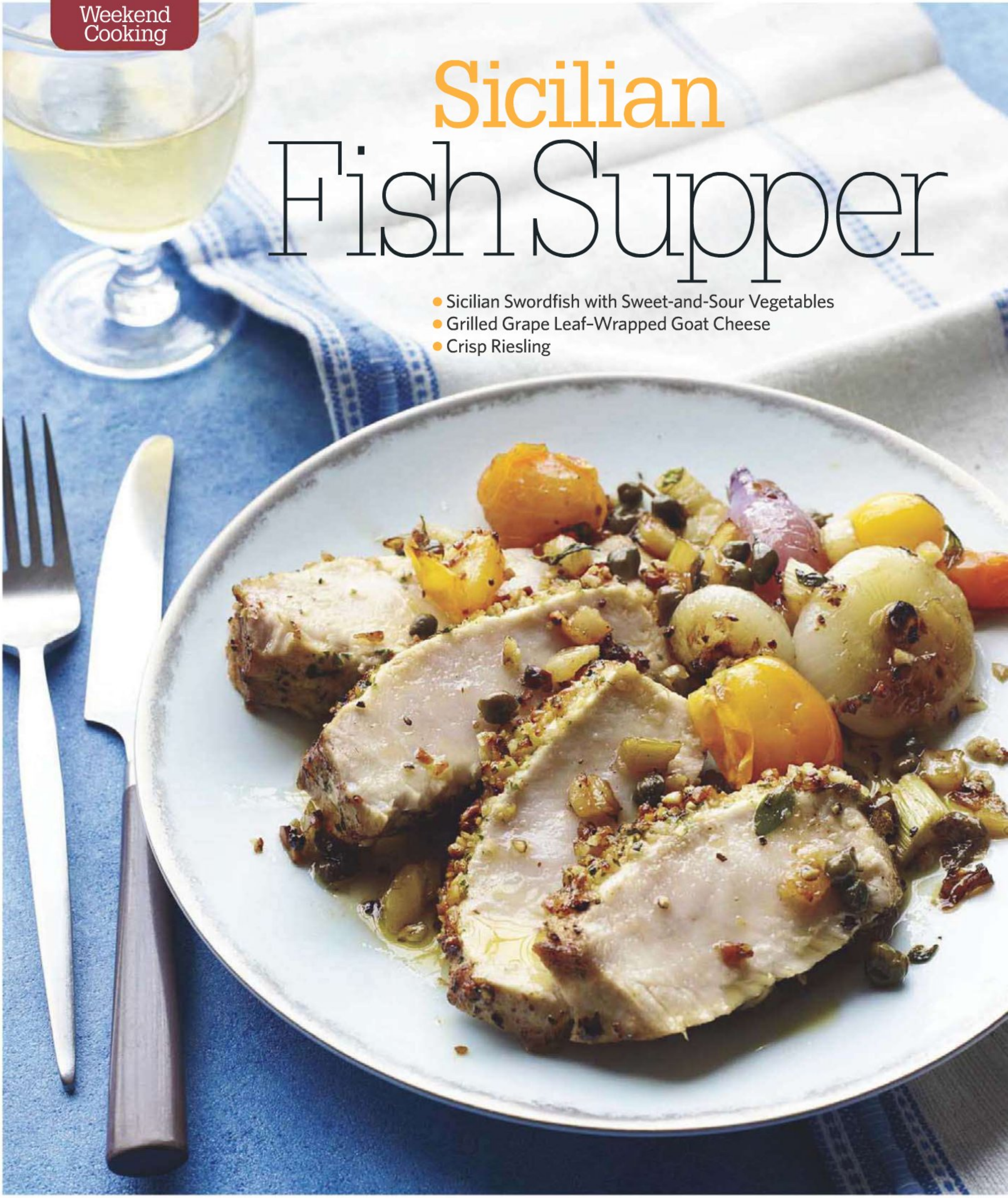
Sicilian Fish Supper

- Sicilian Swordfish with Sweet-and-Sour Vegetables
- Grilled Grape Leaf–Wrapped Goat Cheese
- Crisp Riesling



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SICILIAN SWORDFISH WITH SWEET-AND-SOUR VEGETABLES

ACTIVE: 1 hr | TOTAL: 1 hr 10 min | SERVES: 6

FOR THE VEGETABLES
- 2 tablespoons extra-virgin olive oil
- ¾ pound cipollini onions, peeled
- 1 bulb fennel, trimmed, cored and diced
- 2 teaspoons sugar
- Kosher salt and freshly ground pepper
- ¼ cup white wine vinegar
- 4 cloves garlic, minced
- 1 pound assorted small heirloom tomatoes
- 2 sprigs fresh oregano, leaves stripped and chopped
- 3 tablespoons brine-packed capers, plus 1 tablespoon brine

FOR THE FISH
- ⅓ cup pine nuts
- Zest and juice of 1 lemon
- 2 cups fresh parsley, chopped
- Sea salt and freshly ground pepper
- 3 ¾-to-1-pound swordfish steaks (about 1¼ inches thick)
- 2 tablespoons extra-virgin olive oil, plus more for brushing and drizzling

1. Prepare the vegetables: Heat the olive oil in a pot over medium heat. Add the onions and cook until golden, 3 to 4 minutes. Add the fennel and cook until slightly soft, 2 to 3 minutes. Stir in the sugar and season with kosher salt and pepper. Add the vinegar, garlic and 1 cup water; bring to a boil, stirring, then reduce the heat to medium low and simmer until the onions are tender, about 25 minutes.
2. Meanwhile, prepare the fish: Finely chop the pine nuts by hand. Mix the nuts, lemon zest, parsley, and sea salt and pepper to taste on a cutting board. Pat the swordfish dry and brush with olive oil on both sides. Press the fish into the nut mixture, turning to coat.
3. Heat a large nonstick skillet over medium-high heat. Add 2 tablespoons olive oil and swirl to coat. When the oil shimmers, lay the fish in the pan and cook, undisturbed, until golden on the bottom, 4 to 5 minutes. Flip and cook until just golden on the other side, 3 to 4 more minutes. Using tongs, lay each swordfish steak on its side to sear the edges, 1 to 2 minutes. Reduce the heat to medium low. Turn the fish so the lighter side is down and cook until just firm to the touch, 6 to 8 more minutes. Transfer to a cutting board.
4. While the fish rests, finish the vegetables: Add the tomatoes, oregano, capers and brine to the onions and cook until the tomatoes soften, 5 to 8 minutes. Season with kosher salt and pepper.
5. Slice the fish and divide among plates. Spoon the vegetables and juices onto the plates. Drizzle with the lemon juice and olive oil.

GRILLED GRAPE LEAF–WRAPPED GOAT CHEESE

ACTIVE: 15 min | TOTAL: 20 min | SERVES: 6

- 6 to 8 grape leaves (sold in a jar), drained, rinsed and patted dry
- 1 ¾-to-1-pound round piece goat cheese, such as bûcheron, at room temperature (or 2 smaller pieces, stacked)
- ¼ cup extra-virgin olive oil, plus more for brushing
- 2 sprigs fresh rosemary
- Pinch of red pepper flakes
- Kosher salt
- Crusty bread, for serving

1. Preheat a grill to medium high. Wrap the grape leaves around the cheese to cover it completely; tie with kitchen twine.
2. Brush the wrapped cheese with olive oil and grill, turning once, until the leaves begin to char and the cheese is soft, 5 to 8 minutes.
3. Meanwhile, mix ¼ cup olive oil, the rosemary, red pepper flakes and salt to taste in a bowl. Transfer the warm cheese to a serving plate, pour the oil on top and remove the twine. Serve with bread.

GOOD AND DRY

Great riesling doesn't have to come from Germany—and it doesn't have to be super sweet either. Try these picks from around the globe.

> 2008 Marquis Philips Roogle Riesling (*$10*) This refreshing wine from southern Australia is spicy and just barely sweet, with a long, dry finish.

> 2008 Chateau Ste Michelle Dry Riesling (*$12*) Don't let the French name fool you: Washington State's oldest winery produces this floral fish-friendly white.

> 2007 Trimbach Riesling (*$16*) This crisp, clean riesling from the French region of Alsace tastes like it came from a citrus grove.

WINE AND BEER BOTTLES: MARKO METZINGER/STUDIO D. WINE PAIRINGS: RUPA BHATTACHARYA. BEER PAIRINGS: JESSE L. YORK.

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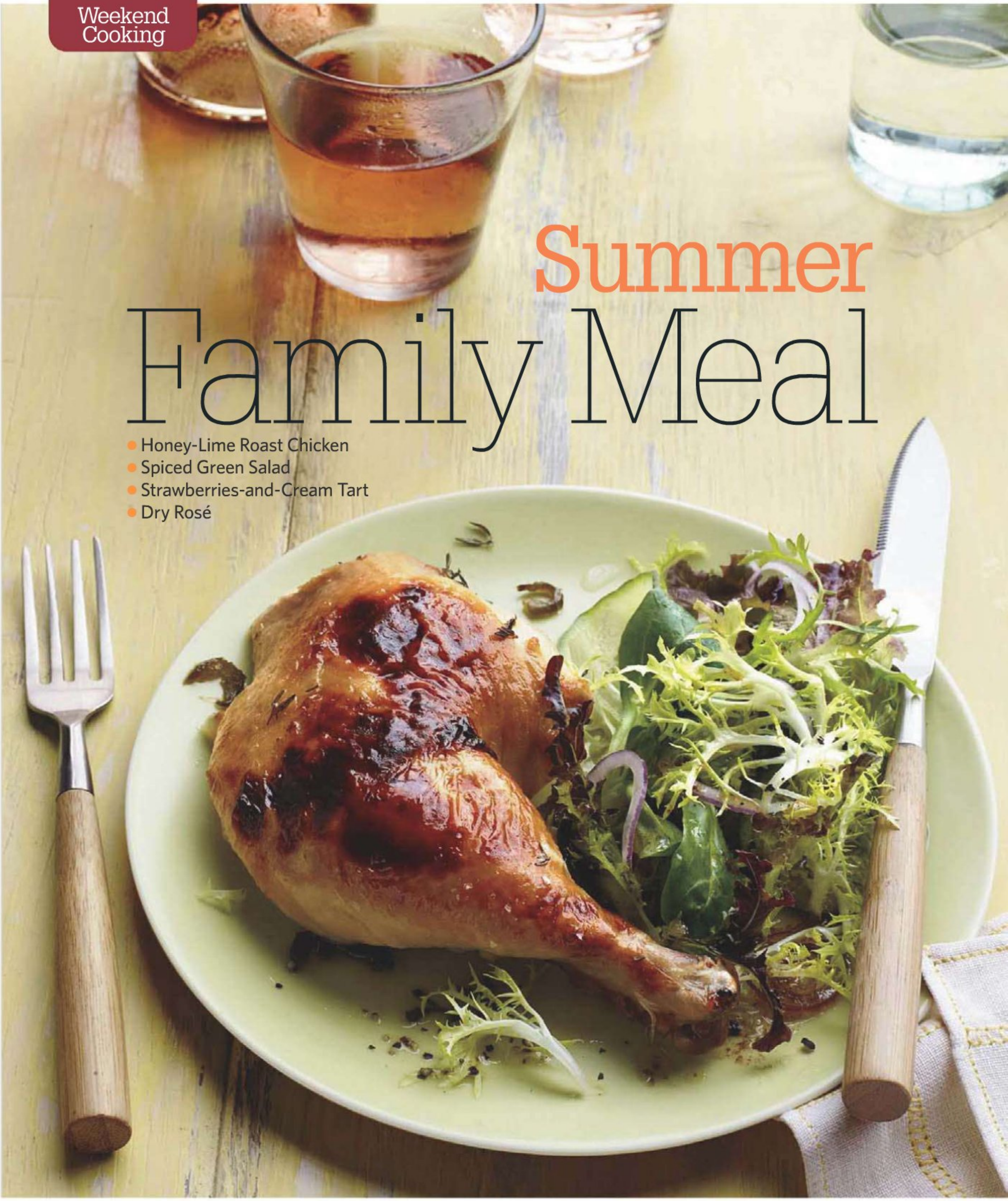

Summer Family Meal

- Honey-Lime Roast Chicken
- Spiced Green Salad
- Strawberries-and-Cream Tart
- Dry Rosé

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HONEY-LIME ROAST CHICKEN

ACTIVE: 15 min | TOTAL: 1 hr (plus marinating) | SERVES: 6

1 small bunch fresh thyme
Juice of 2 limes
4 cloves garlic, smashed
3 jalapeño peppers, halved, seeded and thinly sliced
½ cup extra-virgin olive oil
2 tablespoons honey
Kosher salt
3 half chickens (about 1½ pounds each)
3 tablespoons unsalted butter, cut into pieces

1. Strip the thyme leaves from the stems; combine the leaves and stems with the lime juice, garlic, jalapeños, olive oil, honey and 1 teaspoon salt in a large bowl. Add the chicken and turn to coat. Cover and marinate 30 minutes to 1 hour at room temperature.
2. Position a rack in the upper third of the oven; preheat to 425°. Put the chicken, skin-side up, on a foil-lined rimmed baking sheet and tuck the wing tips underneath. Pour the marinade on top, season with salt and dot with the butter.
3. Roast the chicken, basting with the pan juices halfway through, until the skin is amber and a thermometer inserted into the thigh registers 160°, about 45 minutes. Transfer to a platter and top with the pan juices.

SPICED GREEN SALAD

Toast ½ teaspoon each ground allspice and cumin in a skillet, about 30 seconds. Mix with the juice of 1 lemon and a pinch each of salt and sugar in a serving bowl, then whisk in 5 tablespoons olive oil. Toss with spring greens, sliced red onion, sliced cucumber and salt.

THINK PINK

These dry rosés are perfect for a summer dinner party.

> **2008 E. Guigal Côtes du Rhône Rosé *($13)***
This French pick is no sissy: It hits you with a burst of wild-strawberry flavor and acidity.

> **2008 Bonny Doon Vin Gris de Cigare *($15)***
This biodynamic rosé from California is soft with mineral notes—the ultimate warm-weather wine.

> **2008 Muga Rosé *($13)***
Rich in cherry flavor—and in alcohol (13 percent)—this little-known Spanish rosé is a best-kept secret among wine lovers.

STRAWBERRIES-AND-CREAM TART

ACTIVE: 45 min | TOTAL: 2 hr 25 min | SERVES: 6 to 8

FOR THE CRUST
2 tablespoons vegetable oil
1 large egg plus 1 egg yolk
2 tablespoons cold whole milk
1 teaspoon apple cider vinegar
1¼ cups all-purpose flour
⅛ teaspoon baking powder
3 tablespoons granulated sugar
½ teaspoon salt
6 tablespoons cold unsalted butter, cut into ¼-inch cubes

FOR THE FILLING
1 teaspoon unflavored gelatin
¼ cup granulated sugar
1 vanilla bean, split lengthwise and seeds scraped out
1¼ cups cold light cream
1 quart strawberries, hulled and cut into ½-inch pieces
Confectioners' sugar, for dusting

1. Make the crust: Whisk the vegetable oil, egg yolk, milk and vinegar in a bowl. Pulse the flour, baking powder, sugar and salt in a food processor to combine; add the butter and pulse until the mixture looks like coarse meal. Add the milk mixture and pulse once or twice, just to moisten the flour.
2. Transfer the dough to a 9-inch-round tart pan with a removable bottom and pat onto the bottom and up the sides. Cover with plastic wrap and refrigerate until firm, at least 30 minutes. Trim the edges, if necessary.
3. Preheat the oven to 350°. Pierce the dough all over with a fork. Line with foil and fill with pie weights or dried beans. Place the pan on a baking sheet and bake 15 minutes. Remove the foil and weights; continue to bake until golden, 10 to 15 more minutes. Beat the whole egg with 1 teaspoon water, then lightly brush over the crust and bake 5 more minutes. Cool completely on a rack.
4. Meanwhile, make the filling: Sprinkle the gelatin over 1 tablespoon cold water in a bowl and let soften 5 minutes. Put the granulated sugar and vanilla seeds in a saucepan and rub the seeds into the sugar with your fingers. Add 1 cup cream and whisk over medium heat to dissolve the sugar. When the mixture comes to a boil, remove from the heat and whisk in the gelatin mixture. Transfer to a bowl, then set in a larger bowl of ice water and stir with a rubber spatula until the mixture begins to thicken. Add the remaining ¼ cup cream and stir until thick, about 2 minutes. Pour into the tart shell and refrigerate until set, about 1 hour.
5. Before serving, top the tart with the strawberries and confectioners' sugar.

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Father's Day Cookout

- Glazed Double-Cut Pork Chops
- Smoky Corn on the Cob
- Pale Wheat Ale

This recipe makes tons of barbecue sauce. Use the leftovers on grilled chicken or steak.

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GLAZED DOUBLE-CUT PORK CHOPS

ACTIVE: 1 hr 5 min | TOTAL: 1 hr 45 min (plus refrigerating) | SERVES: 4

FOR THE PORK
Kosher salt
¼ cup coarsely ground black pepper
2 tablespoons packed dark brown sugar
2 teaspoons smoked paprika
4 double-cut bone-in pork loin chops (about 1 pound each; see below)
Vegetable oil, for the grill

FOR THE SAUCE
4 tablespoons unsalted butter
2 cups diced onions
1 cup apple cider vinegar
¾ cup packed dark brown sugar
1½ cups ketchup
1¼ cups apple juice
1 cup maple syrup
½ cup bourbon
½ cup prunes
¼ cup Worcestershire sauce
¼ teaspoon cayenne pepper
Kosher salt and freshly ground black pepper

1. Prepare the pork: Mix 2 tablespoons salt, the black pepper, brown sugar and paprika in a bowl, then rub all over the chops. Wrap in plastic wrap and refrigerate 2 to 4 hours.
2. Meanwhile, make the sauce: Melt the butter in a saucepan over medium heat, then add the onions and cook until translucent, about 4 minutes. Stir in the vinegar and brown sugar until dissolved. Add the ketchup, apple juice, syrup, bourbon, prunes, Worcestershire sauce, cayenne, 1 tablespoon salt and 1½ teaspoons black pepper and bring to a boil. Reduce to a simmer and cook until thickened, about 30 minutes. Puree with an immersion blender or in a regular blender.
3. Preheat a grill to medium. Brush the grates with vegetable oil, then place the chops directly over the flame and grill until marked and cooked halfway through, about 15 minutes. Turn the chops and place on a cooler area of the grill (such as the edges); cover and cook until a thermometer inserted into the thickest part registers 140° to 145°, 15 to 20 minutes. Uncover and brush the chops on all sides with the prepared sauce, then cover and cook until glazed, about 5 more minutes. Transfer to a cutting board and brush with more sauce. Tent with foil and let rest 10 minutes. Serve with more sauce.

SMOKY CORN ON THE COB

Peel back the husks from the corn and remove the silk. Butter the kernels and sprinkle with salt and smoked paprika. Fold the husks back over the corn and grill over low heat until cooked through, turning occasionally, 12 to 15 minutes.

MIDSUMMER NIGHT'S BEER

Keep Dad cool with these low-alcohol American pale wheat ales, the beer equivalent of an ice-cold glass of lemonade.

> Samuel Adams Coastal Wheat *($8 for a six-pack)*
Brewed with two varieties of lemon, Eureka and Lisbon, this beer is extra bright, with a nice bitter finish.

> Magic Hat Circus Boy *($9 for a six-pack)*
Germany's unfiltered hefeweizen beer is the inspiration behind this hazy, mellow brew from Vermont.

> Bell's Oberon Ale *($10 for a six-pack)*
It's made near Kalamazoo, MI, but this bright-orange ale gets its herbal kick from Czech hops.

HOW TO
Cut Your Own Chops

1 Buy an 8-rib bone-in pork loin; ask your butcher to notch the chine bone. Make a shallow cut every 2 ribs to mark your chops.

2 Slice between the bones every 2 ribs to make 4 double-cut pork chops. Do not trim the fat.

3 Each chop should be 2 to 2½ inches thick and contain 2 bones.

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Try this at home:

PAVLOVA

British chef Nigella Lawson, host of *Nigella Express*, shows us how to turn meringue into a delicious summer dessert.

PHOTOGRAPHS BY **LIS PARSONS**

CHOCOLATE RASPBERRY PAVLOVA

ACTIVE: 35 min | TOTAL: 1 hr 35 min (plus cooling) | SERVES: 8 to 10

FOR THE MERINGUE BASE
6 large egg whites
2 cups superfine sugar
3 tablespoons unsweetened cocoa powder, sifted
1 teaspoon balsamic or red wine vinegar
2 ounces dark chocolate, finely chopped

FOR THE TOPPINGS
2 cups heavy cream
4 cups raspberries
1 to 2 ounces dark chocolate

1. Prepare the pan.

Preheat the oven to 350° and line a baking sheet with parchment. Draw a 9-inch-diameter circle on the paper with a pencil, tracing a round cake tin that size.

Flip the paper over so your meringue doesn't touch the pencil marks—you'll still be able to see the circle.

2. Make the meringue.

Beat the egg whites with a mixer until satiny peaks form, and then beat in the sugar a spoonful at a time until the meringue is stiff and shiny.

3. Add the chocolate.

Sprinkle the cocoa, vinegar and then the chopped chocolate over the egg whites. Gently fold everything with a rubber spatula until the cocoa is thoroughly mixed in.

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This classic dessert was named after Russian ballerina Anna Pavlova. The British call it a "Pav."

FOOD STYLING: HETTIE POTTER; PROP STYLING: ROSE MURRAY; HAIR AND MAKEUP: ANTHEA CLARKE.

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4. Shape the meringue.

Secure the parchment to the baking sheet with a dab of meringue under each corner. Mound the meringue onto the parchment within the circle, smoothing the sides and the top with a spatula.

5. Bake the meringue.

Place in the oven, then immediately turn the temperature down to 300° and cook for one to one and a quarter hours. When it's ready, it should look crisp and dry on top, but when you prod the center you should feel the promise of squidginess beneath your fingers.

6. Let it cool.

Turn off the oven and open the door slightly; let the chocolate meringue disk cool completely in the oven. When you're ready to serve, invert onto a big flat-bottomed plate and peel off the parchment.

7. Decorate the Pavlova.

Whisk the cream till thick but still soft and pile it on top of the meringue, then scatter the raspberries on top. Coarsely grate the chocolate haphazardly over the top so that you get curls of chocolate rather than rubble, as you don't want the raspberries' luscious color and form to be obscured. You want the Pavlova to look like a frosted cake.

Click! Find more Pavlova recipes at **nigella.com.**

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Traditional Pavlova is white. The cocoa in this one makes it denser and gooier, and the raspberries add tartness."

Eat up! The Pavlova tastes best the day it's made.

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Party Time

Make your own **condiment caddy.** Then, get Bobby Flay's secrets to the perfect steak and cool off with homemade lemonade.

Turn a six-pack into a condiment carrier!

PHOTO: CHARLES MASTERS; STYLING: MEGHAN GUTHRIE.

Get Carried Away

Bring all your fixin's outside in one shot this summer with a caddy made out of a six-pack box. Using rubber cement as glue, just cover the box with any wrapping paper. This poppy print reminded us of buttery corn on the cob. *$3.50 per sheet, Egg Press Yellow Rocks; luxepaperie.com*

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HIGH STEAKS

Bobby Flay gives us his secrets to a perfect steak, plus a dozen easy ways to mix up the flavors.

PHOTOGRAPHS BY **STEVE GIRALT**

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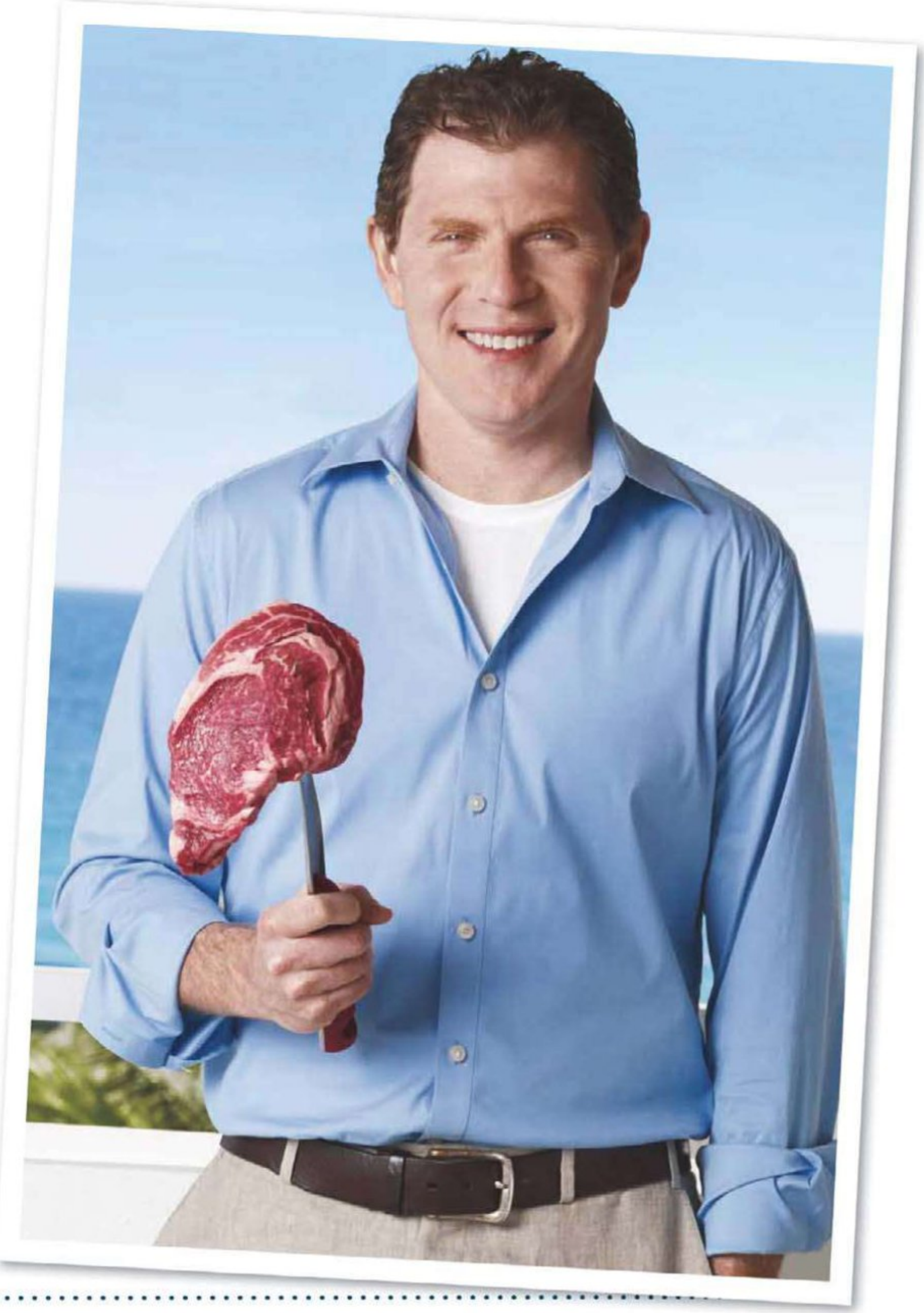
RECIPE PHOTOS, FOOD STYLING: ANNE DISRUDE; PROP STYLING: MEGHAN GUTHRIE. PORTRAIT, GROOMING: LESLIE MUNSELL. RECIPES ADAPTED FROM *BOBBY FLAY'S BOY GETS GRILL* (SCRIBNER) AND *BOBBY FLAY'S GRILL IT!* (CLARKSON POTTER).

Bobby Flay's steak-grilling advice runs counter to most chefs'. For starters, he prefers a boneless cut. "The bone doesn't impart that much flavor on the grill, and it makes steak cook unevenly," he says. "Rib-eye's a good example. It's always really rare next to the bone. I'd rather eat a rib-eye without a bone that's cooked evenly on all sides."

And unlike most chefs, Bobby's a fan of filet mignon. "Lots of chefs don't think it has enough flavor, but I like how tender it is," he says. He can easily make up for the flavor part with his arsenal of rubs, sauces and flavored butters. While some cuts of meat are fine on their own, simply seasoned with salt and pepper (see his Perfectly Grilled Steak, below), others get rubs, butters—or both. "They aren't mutually exclusive," Bobby says. "A lot of times I'll use a rub to crust the steak and give it flavor, then add a glaze or butter when it's coming off the grill."

Among his 11 restaurants, including Mesa Grill and Bar Americain in New York City, Bobby serves 19 different steak dishes, so we knew he was the man to ask about fun new steak options for the summer grilling season. Here are some of his best seasonings and sauces, which you can mix and match. You'll notice he's not big on marinades: "They don't have as much impact," he says. "Rubs, however, get cooked right into the steak."



PERFECTLY GRILLED STEAK

ACTIVE: 15 min | TOTAL: 40 min | SERVES: 4

4 1¼-to-1½-inch-thick boneless rib-eye or New York strip steaks (about 12 ounces each) or filets mignons (8 to 10 ounces each), trimmed

2 tablespoons canola or extra-virgin olive oil

Kosher salt and freshly ground pepper

1. About 20 minutes before grilling, remove the steaks from the refrigerator and let sit, covered, at room temperature.

2. Heat your grill to high. Brush the steaks on both sides with oil and season liberally with salt and pepper. Place the steaks on the grill and cook until golden brown and slightly charred, 4 to 5 minutes. Turn the steaks over and continue to grill 3 to 5 minutes for medium-rare (an internal temperature of 135°), 5 to 7 minutes for medium (140°) or 8 to 10 minutes for medium-well (150°).

3. Transfer the steaks to a cutting board or platter, tent loosely with foil and let rest 5 minutes before slicing.

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Spanish Steak

Brush four 12-ounce boneless rib-eyes or strip steaks with olive oil, season with salt and pepper, and rub with **Spanish Spice Rub** on one side. Grill rub-side down over high heat, 3 to 4 minutes, then flip and grill 5 to 6 more minutes (for medium-rare). Serve with **Sherry Vinegar Steak Sauce.**

SPANISH SPICE RUB

- 3 tablespoons Spanish paprika
- 2 teaspoons ground cumin
- 2 teaspoons dry mustard
- 2 teaspoons ground fennel seeds
- 2 teaspoons kosher salt
- 1 teaspoon coarsely ground pepper

Whisk all of the ingredients in a bowl.

SHERRY VINEGAR STEAK SAUCE

- 2 red bell peppers, grilled, peeled, seeded and chopped (or 6 piquillo peppers, chopped)
- ½ cup aged sherry vinegar
- 3 tablespoons dijon mustard
- 2 tablespoons horseradish, drained
- 2 tablespoons honey
- 1 tablespoon molasses
- 2 teaspoons Worcestershire sauce
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper

Blend all of the ingredients in a food processor or blender until smooth. If the mixture is too thick to pour, add a few tablespoons of water.

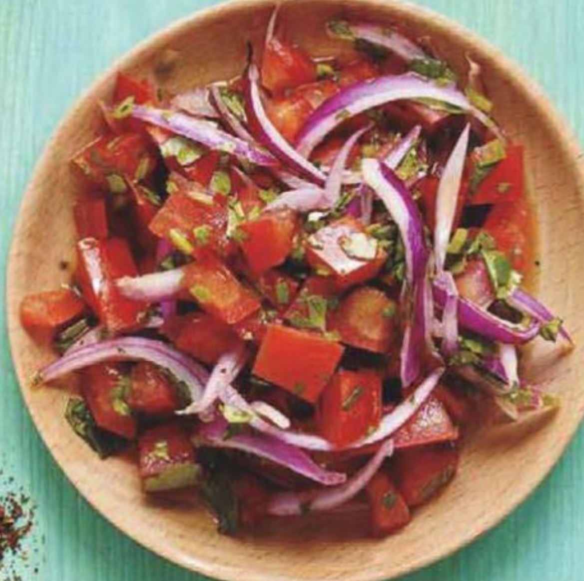
Southwest Steak

Season two 20-ounce boneless rib-eyes with salt and pepper and rub with **Coffee Spice Rub** on one side. Grill rub-side down over high heat, 4 to 5 minutes; flip, reduce the heat to medium or move the steaks to a cooler spot, cover and grill 8 to 10 more minutes (for medium-rare). Serve with **Smoky Tomato–Red Chile Salsa.**

COFFEE SPICE RUB

- ¼ cup ancho chile powder
- ¼ cup finely ground espresso-roast coffee beans
- 2 tablespoons sweet paprika
- 2 tablespoons dark brown sugar
- 1 tablespoon dry mustard
- 1 tablespoon kosher salt
- 1 tablespoon freshly ground pepper
- 1 tablespoon dried oregano
- 1 tablespoon ground coriander
- 2 teaspoons ground ginger
- 2 teaspoons arbol chile powder

Whisk all of the ingredients in a bowl.



SMOKY TOMATO–RED CHILE SALSA

- ¼ cup red wine vinegar
- ¼ cup extra-virgin olive oil
- 2 teaspoons pureed chipotles in adobo sauce
- 3 large ripe tomatoes, diced
- 1 small red onion, halved and thinly sliced
- 1 serrano chile pepper, seeded and finely chopped
- ¼ cup chopped fresh cilantro
- 2 teaspoons honey
- Kosher salt and freshly ground pepper

Whisk the vinegar, olive oil and chipotle puree in a bowl. Add the remaining ingredients and toss. Season with salt and pepper.

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Sweet-and-Spicy Steak

Rub four 8-ounce filets mignons with **Pepper-Ancho Rub** on one side; drizzle with vegetable oil. Grill rub-side down over high heat, about 4 minutes; flip, reduce the heat to medium or move the steaks to a cooler spot and grill 4 more minutes (for medium-rare), brushing often with **Mint Glaze.** Top with more glaze.

PEPPER-ANCHO RUB

2 tablespoons coarsely ground pepper
1 tablespoon ancho chile powder
1 tablespoon kosher salt

Whisk all of the ingredients in a bowl.

MINT GLAZE

6 tablespoons dijon mustard
¼ cup honey
2 tablespoons horseradish, drained
6 fresh mint leaves, finely chopped
Kosher salt and freshly ground pepper

Whisk the mustard, honey, horseradish and mint in a bowl; season with salt and pepper. Set aside a few tablespoons for the finished steaks.

Bistro Steak

Brush four 12-ounce boneless rib-eyes with canola oil, season with salt and rub with **Chili Spice Rub** on one side. Grill rub-side down over high heat, 3 to 4 minutes. Flip, cover and grill 5 to 6 more minutes (for medium-rare). Serve with **Bar Americain Steak Sauce.**

CHILI SPICE RUB

¼ cup ancho chile powder
1½ tablespoons sweet paprika
2 teaspoons dried oregano
2 teaspoons ground coriander
2 teaspoons dry mustard
2 teaspoons kosher salt
2 teaspoons freshly ground pepper
1 teaspoon ground cumin

Whisk all of the ingredients in a bowl.

BAR AMERICAIN STEAK SAUCE

¼ cup dijon mustard
¼ cup whole-grain mustard
¼ cup molasses
2 tablespoons ketchup
2 tablespoons honey
1 tablespoon horseradish, drained
½ teaspoon kosher salt
¼ teaspoon freshly ground pepper

Whisk all of the ingredients in a bowl. Cover and refrigerate at least 30 minutes or up to 1 day. Bring to room temperature before serving.

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Butter It Up Brush some flavored butter over a plain grilled steak.

GARLIC BUTTER

1½ sticks unsalted butter, slightly softened
4 cloves garlic, coarsely chopped
Kosher salt and freshly ground pepper

Combine the butter and garlic in a food processor or with a mixer until smooth. Season with salt and pepper.

CILANTRO BUTTER

1 stick unsalted butter, slightly softened
6 cloves garlic, coarsely chopped
¼ cup fresh cilantro leaves
1 to 2 teaspoons fresh lime juice
Kosher salt and freshly ground pepper

Combine the butter, garlic, cilantro and 1 teaspoon lime juice in a food processor or with a mixer until smooth. Season with salt and pepper, and add more lime juice if needed.

BALSAMIC-ROSEMARY BUTTER

2 cups balsamic vinegar
2 teaspoons whole black peppercorns
2 teaspoons honey
2 tablespoons chopped fresh rosemary
1½ sticks unsalted butter, slightly softened
Kosher salt

1. Combine the vinegar and peppercorns in a small saucepan over high heat and cook, stirring occasionally, until reduced to ¼ cup, 8 to 10 minutes. Remove the peppercorns, whisk in the honey and rosemary and let cool to room temperature.
2. Combine the balsamic mixture with the butter and 1 teaspoon salt in a food processor or with a mixer until smooth. Scrape into a bowl and refrigerate 30 minutes to set slightly.

Bobby's Top Ten The grilling guru shares his secrets to all-star steak.

1 Befriend your butcher. Buy from a good butcher shop or from the butcher at your supermarket's meat counter. Avoid prepackaged steaks—plastic wrap traps in moisture.

2 Get good grades. Spring for USDA Prime or Certified Black Angus steaks if you can. Choice-grade steak is a good, less-expensive alternative.

3 Look for marbling. Thin white streaks of fat throughout a steak, called marbling, keep the meat nice and juicy. Plus, the fat adds flavor.

4 Do a warm-up. Take your steak out of the fridge about 20 minutes before grilling to bring it to room temperature. A freezing-cold steak won't cook evenly.

5 Pare down the tools. You don't need elaborate equipment to make a tasty steak—just a solid pair of tongs, a brush and a grill.

6 Feel the heat. Give your grill plenty of time to preheat. If it's hot enough, you shouldn't be able to hold your hand over the grates for more than 2 seconds.

7 Don't move. Let your steak develop a seared crust on the grill before moving or flipping it. If you try to lift the meat before it's ready, it'll stick to the grates.

8 Use the touch test. Check for doneness with a simple tool: your finger. A rare steak feels soft and spongy, medium springs back a bit when pressed, and well-done feels firm.

9 Don't overdo it. Err on the side of undercooking a steak rather than overcooking it. You can always pop the meat back on the grill if it's too rare.

10 Let it rest. Once your steak is off the grill, wait at least 5 minutes before slicing. This gives the juices a chance to settle back into the meat.

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50 Burgers

Fire up the grill! We created dozens of tasty burgers.

PHOTOGRAPH BY **TINA RUPP**

Chipotle Corn
Toss corn kernels and sliced bell pepper with lemon juice, olive oil and salt. Sprinkle a 6-ounce beef patty with cumin, brush with oil and cook 4 minutes per side on an oiled grill. Serve on a crusty bun with chipotle mayonnaise, the corn salsa, onion, tomato and cilantro.

Pull out this booklet for 50 great recipes!
(Our cover taco burger is No. 27.)

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food network magazine

50 Burgers

PHOTOGRAPHS BY **TINA RUPP**

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No. 7

For juicy burgers, handle the meat as little as possible. Overworking makes them tough.

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1. Classic Lightly mix 6 ounces ground beef chuck with a big pinch of kosher salt. Form into a ball, then into a ¾-inch-thick patty; make an indentation in the center. Heat a cast-iron skillet over medium-high heat; sprinkle the skillet with salt. Cook the burger 4 to 5 minutes per side. Serve on a soft bun.

2. Cheese Make Classic Burger (No. 1). Top with 2 slices cheddar in the last minute of cooking (cover to melt). Serve on a sesame bun.

3. Blue Cheese Make Classic Burger (No. 1). Spread soft blue cheese on the inside of the bun and melt in the oven.

4. Bacon Cheese Put bacon strips on a parchment-lined baking sheet; put another pan on top. Bake at 400˚, 10 minutes, then uncover and bake 10 more minutes. Make Classic Burger (No. 1). Top with 2 slices cheddar in the last minute of cooking (cover to melt). Serve on a sesame bun with the bacon.

5. Bacon, Egg and Cheese Make Classic Burger (No. 1). Melt 2 slices muenster on the bun in the oven. Serve the burger, a fried egg and bacon (No. 4) on the bun.

6. Caramelized Onion Cook 2 sliced red onions in butter over low heat until caramelized, about 35 minutes; season with salt and pepper. Make Classic Burger (No. 1); top with the onions.

7. Sliders Make Classic Burger (No. 1) as 2-ounce patties; cook 3 minutes per side. Top with Swiss in the last minute of cooking (cover to melt). Serve on mini potato buns with pickles and ketchup.

No. 8

Juicy Lucy Make Classic Burger (No. 1), but shape the meat into 2 flat patties. Lay 2 slices American cheese between them and form the meat around the cheese before cooking.

9. 'Shroom Cook 1 pound sliced mushrooms in butter until golden, then add 1 chopped garlic clove and 2 tablespoons Worcestershire sauce and cook until crisp; add fresh parsley. Make Classic Burger (No. 1); top with the mushrooms.

10. BLT Cook 2 bacon slices in simmering water, 15 minutes. Drain and cool, then chop and mix with 4 ounces ground beef chuck. Shape and cook as directed for Classic Burger (No. 1); top with mayonnaise, lettuce and tomato.

11. Texas Bean Make Classic Burger (No. 1). Top with refried beans, red onion, cheese sauce and corn chips.

12. Butter Make Classic Burger (No. 1), but add butter to the skillet. Top with more butter and serve on a buttered bun.

13. Steamed Make Classic Burger patty (No. 1); lay in a hot skillet, add sliced mushrooms and onions and season with salt. Pour in ¼ cup water, cover and steam 3 minutes. Top with sliced cheddar; steam 1 more minute. Serve on a soft bun.

14. English Cheddar Combine ½ cup mayonnaise, 4 teaspoons Worcestershire sauce and 1 teaspoon hot mustard. Make Classic Burger (No. 1); top with 2 slices English cheddar in the last minute of cooking (cover to melt). Serve on a toasted English muffin with some mayonnaise sauce.

15. Huntsman Make Classic Burger (No. 1). Add 2 thick slices Huntsman cheese in the last minute of cooking (cover to melt). Serve on a toasted English muffin.

FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: PAMELA DUNCAN SILVER.

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16. Brie Make Classic Burger (No. 1). Top with 2 slices brie in the last minute of cooking (cover to melt). Serve on brioche buns with whole-grain mustard, cornichons and watercress.

17. Chile Make Classic Burger (No. 1), but mix 1 tablespoon diced roasted poblanos with the beef. Top with 2 slices cheddar in the last minute of cooking (cover to melt). Top with salsa verde and sliced chiles.

18. Miami Make Classic Burger (No. 1), but shape into a rectangular patty. Pulse ⅓ cup mayonnaise with cilantro and scallions in a food processor and spread on a toasted Cuban roll. Serve the burger on the roll with fried plantains.

19. Everything Bagel Brush a bun top with a beaten egg white and sprinkle with dried onion, salt, and poppy and sesame seeds. Bake at 350°, about 5 minutes. Make Classic Burger (No. 1); serve on the bun with cream cheese, horseradish, tomato and red onion.

20. Trattoria Make Classic Burger (No. 1); serve on an Italian roll spread with gorgonzola. Top with arugula, tomato and fried pancetta.

21. Panini Cook a 4-ounce, ¼-inch-thick Classic Burger (No. 1). Sandwich on ciabatta with pesto, provolone, prosciutto and roasted red peppers; grill in a panini press.

22. Asian Brush a bun top with a beaten egg white; sprinkle with Japanese rice seasoning and bake at 350°, about 5 minutes. Make Classic Burger (No. 1); serve on the bun with mayonnaise.

No. 23

Hoisin Burger

Make Classic Burger patty (No. 1). Mix 3 tablespoons hoisin sauce and 1 tablespoon each soy sauce, rice wine and honey; brush on the patty and broil 4 minutes per side, brushing with more sauce. Serve on an Asian-spiced bun (No. 22) with broiled scallions and mayonnaise.

24. Provençal Brush a bun top with a beaten egg white, sprinkle with herbes de Provence and bake at 350°, about 5 minutes. Make Classic Burger (No. 1); serve on the bun with olive tapenade, tomato and mayonnaise.

25. Iberian Brown sliced chorizo, garlic, onion and roasted red peppers in olive oil. Make Classic Burger (No. 1); serve on a roll with the chorizo topping and mayonnaise.

26. Grilled Lightly mix 6 ounces ground beef chuck with a big pinch of kosher salt. Form into a ball, then shape into a ¾-inch-thick patty; make an indentation in the center. Preheat a grill to high; brush the grates and burger with canola oil. Season the patty with salt and grill about 4 minutes per side. Serve on a grilled bun.

27. Taco Make Grilled Burger (No. 26), but sprinkle with cumin, oregano and chili powder before cooking. Serve on a soft bun with guacamole, salsa, sour cream, tortilla chips, lettuce and cheddar.

28. Bison Make Grilled Burger (No. 26) with ground bison; grill 2 to 3 minutes per side. Serve on a toasted bun with onion dip.

29. BBQ Make Grilled Burger (No. 26). Brush with barbecue sauce in the last minute of cooking.

30. Texas Make Grilled Burger (No. 26). In the last minute of cooking, brush with barbecue sauce and top with sautéed onions, pickled jalapeños, crisp bacon and 2 slices jack cheese (cover to melt). Top with mayonnaise.

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31. Chipotle Make Grilled Burger (No. 26). Add 2 slices jack cheese in the last minute of cooking (cover to melt). Mix ¼ cup mayonnaise, 1 tablespoon minced chipotles in adobo and a splash of lemon juice. Serve the burger on a roll with chipotle mayonnaise and avocado.

32. Chipotle Corn Toss corn kernels and sliced bell pepper with lemon juice, olive oil and salt. Make Grilled Burger (No. 26), but sprinkle with ground cumin before cooking. Serve on a crusty bun with chipotle mayonnaise (No. 31), the corn salsa, onion, tomato and cilantro.

33. Deep-Fried Deep-fry a 6-ounce beef chuck patty in 360° canola oil with onion and pickle slices until crisp. Drain on paper towels. Serve on a potato bun.

↑

Thai Pork

Mix ¼ cup lime juice and 1 tablespoon each fish sauce and olive oil; season with salt and sugar. Toss half of the dressing with shaved carrots, sliced red onion and cilantro. Make Grilled Burger (No. 26) with ground pork; baste with the remaining dressing. Serve on a roll with mayonnaise, chili sauce and the slaw.

35. Smashed Onion Season a thick onion slice with salt and pepper; cook in a hot cast-iron skillet until browned on the bottom. Flip, separating the rings, then cover with a handful of ground beef. Smash into a patty and brown on both sides. Serve on a crusty bun.

36. French Onion Brush a bun top with a beaten egg white; sprinkle with fresh thyme and bake at 350°, about 5 minutes. Make Smashed Onion Burger (No. 35) and top with 2 slices gruyère (cover to melt). Serve on the herbed bun.

37. Scallop Sliders Sear sea scallops in butter, 2 minutes per side. Mix ¼ cup mayonnaise and 1 teaspoon hot chili sauce. Serve the scallops on mini buns with the spicy mayonnaise and avocado.

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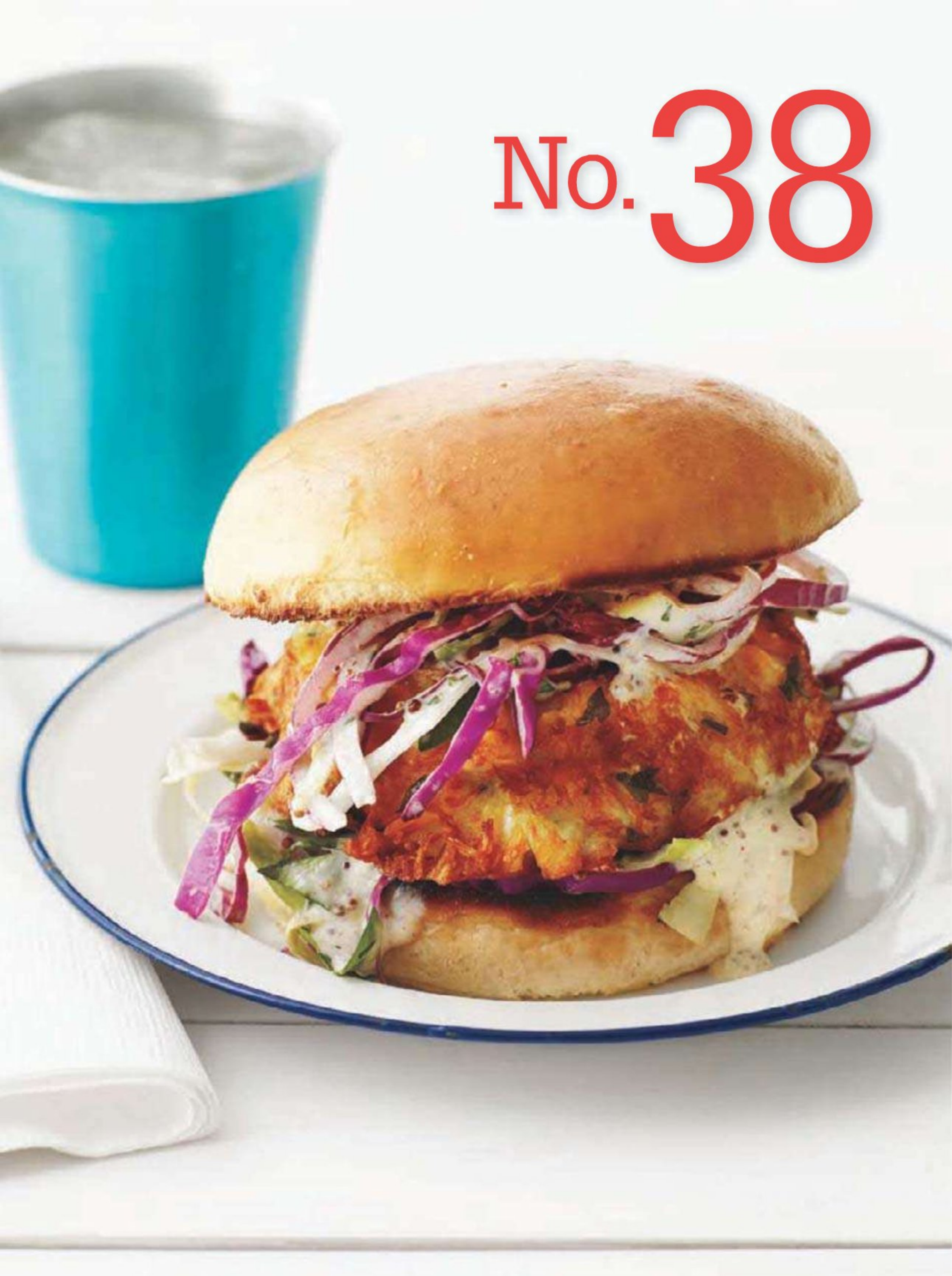

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38. Creole Crab Mix 1 cup sliced cabbage, ¼ cup each sliced red onion and chopped parsley, 3 tablespoons mayonnaise and 1 tablespoon each Creole mustard, lemon juice and honey; season with cayenne and salt. Fry your favorite crab cakes. Serve on rolls with the Creole slaw.

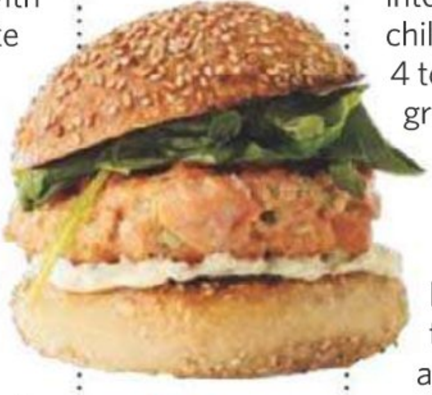
39. Turkey Mix 1 pound ground turkey, 1 grated green apple, ½ cup minced scallions, ¼ cup panko, and salt and pepper. Form into four 1-inch-thick patties, make an indentation in the centers and cook 4 to 5 minutes per side on an oiled grill. Serve on whole-wheat buns.

40. Thanksgiving Make Turkey Burgers (No. 39). Mix ¼ cup each honey mustard and mayonnaise; brush on toasted potato buns. Serve the burgers on the buns with lettuce, onion and a slice of canned cranberry sauce.

41. Mediterranean Make Turkey Burgers (No. 39). Serve on grilled multigrain bread; top with goat cheese, olives, grape tomatoes and arugula tossed with vinaigrette.

42. Greek Lamb Mix 1½ pounds ground lamb, ⅓ cup each yogurt and feta, 1 teaspoon each garlic, mint, lemon zest and salt, and a pinch of red pepper flakes. Shape into four 1-inch-thick patties. Brush with oil; grill 4 to 5 minutes per side. Serve in pitas with onion, tomato, cucumber and tzatziki.

43. Middle Eastern Mix Greek yogurt with a dash of chili oil and a pinch of salt. Make Greek Lamb Burgers (No. 42); serve on flatbread with the yogurt sauce.



No. 44

Salmon

Dice ¾ pound wild salmon; puree half with 2 scallions. Mix with the remaining diced salmon, ¼ cup breadcrumbs and 4 ounces chopped smoked salmon. Shape into 2 patties; cook as directed for Classic Burger (No. 1). Serve on sesame buns with sautéed spinach and mayonnaise mixed with mustard.

45. Chicken Mix 1¼ pounds ground chicken with ½ cup each grated onion and panko, 1 minced garlic clove, 1 teaspoon chopped thyme, and salt and pepper. Shape into four 1-inch-thick patties and chill. Brush with oil and cook 4 to 5 minutes per side on an oiled grill. Serve on sesame buns.

46. Pesto Chicken Make Chicken Burgers (No. 45). Top with sliced mozzarella in the last minute of cooking (cover to melt). Mix equal parts pesto and mayonnaise, and brush on toasted rolls. Serve the patties on the rolls with tomato and arugula.

47. Saltimbocca Make Chicken Burgers (No. 45). Top with sage, sliced fontina and prosciutto in the last minute of cooking (cover to melt). Top with olive oil and parsley and serve on onion rolls.

48. California Mix 1¼ pounds ground chicken, ½ cup panko, 2 teaspoons Worcestershire sauce, 1 tablespoon Greek yogurt and salt. Shape and cook as directed for Chicken Burgers (No. 45). Serve on whole-grain bread with sprouts, cucumber, tomato and avocado.

49. Portobello Peel 2 portobello mushroom caps; season with salt. Sandwich 2 slices muenster between the caps and secure with toothpicks. Dip in beaten eggs, then in panko; fry in hot oil until crisp. Remove the toothpicks. Serve on a soft bun with pickles and tomato.

50. Veggie Fry a store-bought veggie burger; top with mozzarella in the last minute of cooking (cover to melt). Serve on a roll with basil, tomato, salt, pepper and olive oil.

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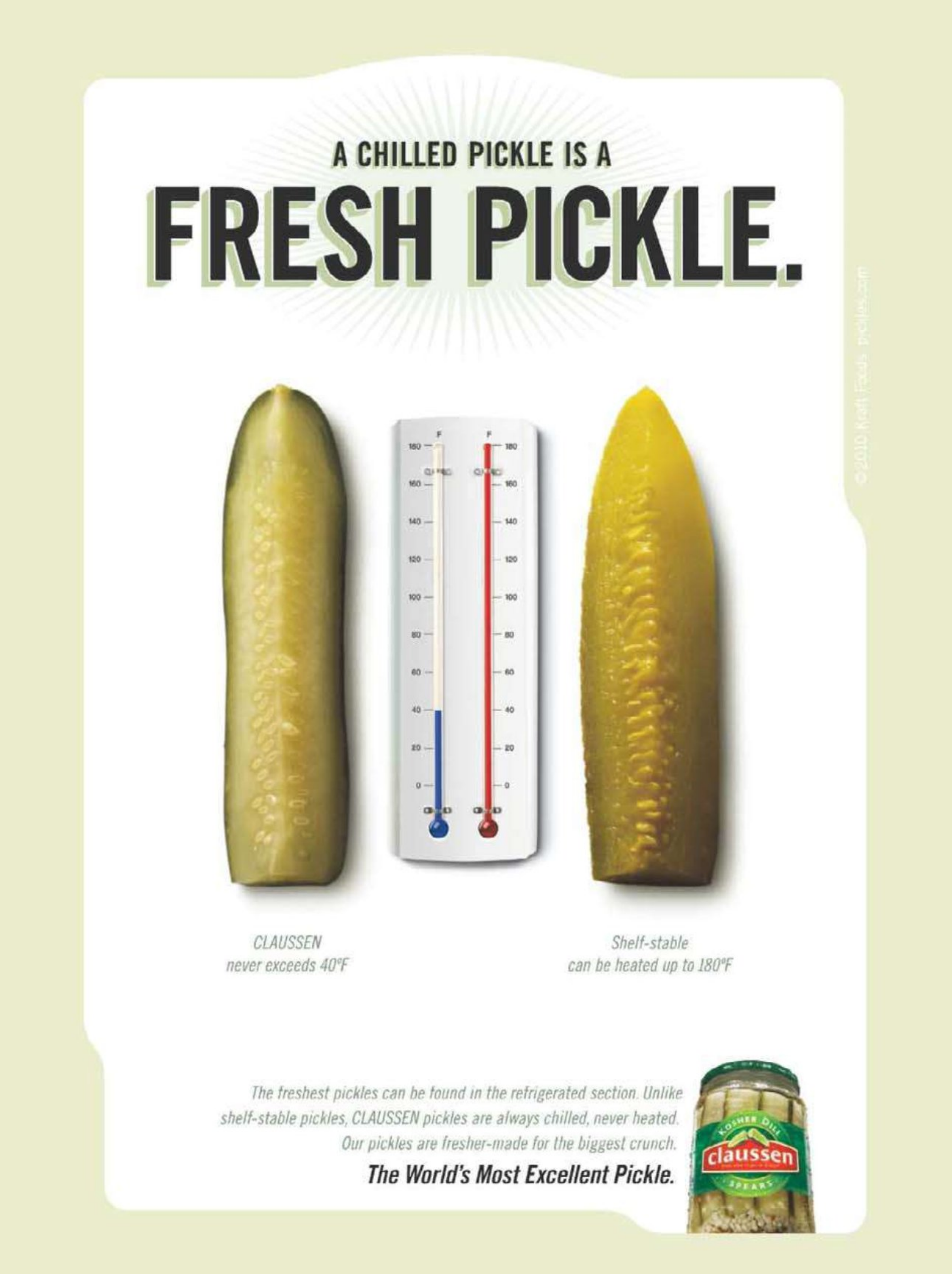

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California

Mix 1¼ pounds ground chicken, ½ cup panko, 2 teaspoons Worcestershire sauce, 1 tablespoon Greek yogurt and a pinch of salt. Shape into 4 patties and chill. Brush with oil and grill 4 to 5 minutes per side. Serve on toasted whole-grain bread with sprouts, cucumber, tomato and avocado.

Huntsman

Make a 6-ounce beef patty. Heat a cast-iron skillet and sprinkle the skillet with kosher salt. Cook the burger 4 to 5 minutes per side, adding 2 thick slices Huntsman cheese in the last minute of cooking (cover to melt). Serve on a toasted English muffin.

To get a flat patty, shape the meat into a ball, flatten, then make an indentation in the middle before cooking.

FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: PAMELA DUNCAN SILVER.

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Get Your Ice-Cold

LEMONADE!

Perfect Lemonade

Remove wide strips of zest from 2 lemons with a vegetable peeler (do not remove the pith). Make 2 cups simple syrup (see below), adding the lemon zest before heating. Let cool, then pour into an ice-filled pitcher. Stir in ½ teaspoon salt, 2 cups each fresh lemon juice and water, and some lemon slices.

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To make 2 cups simple syrup, bring 1½ cups each sugar and water to a boil, stirring until dissolved. Let cool.

Juicy Fruits Try four other great new "ades."

Blackberry Lemonade
Muddle 2 cups blackberries with 2 cups simple syrup in a pitcher. Stir in 2 cups each fresh lemon juice and water; add ice and lemon slices.

Cinnamon Grapefruitade
Make 2 cups simple syrup, adding 4 cinnamon sticks before heating. Let cool, then pour into an ice-filled pitcher. Stir in 2 cups each fresh grapefruit juice and water and some raspberries.

Mint Limeade
Muddle 2 lime wedges and some mint leaves in each glass and add ice. Mix 2 cups simple syrup, 2 cups water, 1½ cups fresh lime juice and ½ cup fresh lemon juice in a pitcher; pour into the glasses.

Lavender Orangeade
Make 2 cups simple syrup, adding ¼ cup dried lavender before heating. Let cool, then strain into an ice-filled pitcher. Stir in 2 cups each fresh orange juice and water, and strips of orange zest.

Get More Juice!

- Choose lemons that feel heavy; avoid ones with thick, hard rinds.
- Keep the lemons at room temperature.
- Roll the fruit on the counter before squeezing.

Give Lemonade a Twist

FREEZE IT Pour lemonade into a baking dish; freeze until slushy, 3 hours, occasionally scraping with a fork.

FIZZ IT Mix lemonade with equal parts lemon-lime soda or ginger ale.

SPIKE IT Add a shot of vodka or coconut rum.

DYE IT Stir in a dash of grenadine to make pink lemonade.

FOOD STYLING: BRETT KURZWEIL

PHOTOGRAPHS BY JONATHAN KANTOR

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Hot Pink

Finish an outdoor dinner with an old-fashioned **rhubarb betty,** hot off the grill.

A betty is a classic fruit dessert from the colonial era. It's like a crisp, but the topping is made with breadcrumbs.

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what you'll need

1 cup panko
(Japanese breadcrumbs)

¼ cup plus 2 tablespoons
packed light brown sugar

⅔ cup plus ¼ cup
granulated sugar

1½ teaspoons
ground cinnamon

½ teaspoon
ground allspice

¼ teaspoon
ground ginger

Pinch of ground cloves

5 stalks rhubarb, cut into
1-inch pieces (about 4 cups)

1 teaspoon
fresh lemon juice

½ cup roughly chopped
almonds with skins

4 tablespoons cold unsalted butter, cut
into small pieces, plus more for the skillet

Strawberry ice cream,
for serving

GRILLED RHUBARB BROWN BETTY

ACTIVE: 20 min | TOTAL: 45 min | SERVES: 6

1. Preheat a grill to medium low. Whisk the panko, brown sugar, ¼ cup granulated sugar, the cinnamon, allspice, ginger and cloves in a medium bowl until combined. In another bowl, toss the rhubarb with the remaining ⅔ cup granulated sugar and the lemon juice to coat.

2. Butter a shallow 8-inch ovenproof skillet or flameproof baking dish. Sprinkle 3 tablespoons of the breadcrumb mixture in the bottom of the skillet. Top with the rhubarb, then sprinkle with the remaining crumbs and the almonds. Dot with the cut-up butter.

3. Put the skillet on the center of the grill; close the lid or place a disposable roasting pan over the skillet. Grill until the filling is bubbly and the topping is golden brown and crisp, 15 to 20 minutes. Let cool slightly, about 10 minutes. Serve warm and top with strawberry ice cream.

RHUBARB BETTY: CON POULOS; FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN. INGREDIENTS: MARKO METZINGER/STUDIO D.

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2010 Honda Pilot 4x2

MPG: 23 - EPA est hwy

A Consumers Digest Best Buy: no

Powertrain Warranty: 60,000 miles/5 years*

Automatic Crash Response: not available

Stolen Vehicle Assistance: not available

*Whichever comes first. See dealer for limited warranty details. **Visit onstar.com for details and system limitations.

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2010 GMC Acadia FWD

MPG: 24 - EPA est hwy

A Consumers Digest Best Buy: yes

Powertrain Warranty: 100,000 miles/5 years*

Automatic Crash Response: OnStar®/1 year standard**

Stolen Vehicle Assistance: OnStar/1 year standard

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On the Road

Cool off at a **trendy soda shop.** Then, see what celebs order at their own restaurants and make Guy's picnic lunch.

These retro sodas are still made from their original recipes.

BOTTLES: CHARLES MASTERS. INSET: JONATHON KIMBRELL.

What's Old Is New

Soda is at the center of many a controversy these days, but not old-fashioned pop. Shops like Dallas' **The Soda Gallery** *(408 North Bishop Ave.; thesodagallery.com, pictured above),* which stocks 200 rare and regional sodas, have seen a spike in demand for old drinks like Fitz's, Nesbitt's and Bubble Up because they're made with cane sugar rather than high-fructose corn syrup. Colorado's new **Squeak Soda Shop** *(812 Village Center Dr., Colorado Springs; squeaksodashop.com),* which makes soda to order in more than 60 flavors, has seen a similar trend. "For us, using cane sugar is a no-brainer," owner Joey Suntken says. "It tastes better than corn syrup, and our customers are into these sodas for the flavors—and the nostalgic wink."

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Guy to Go

Diners, Drive-ins and Dives host Guy Fieri hits the road for a summer drive and a family picnic.

A real-life Fieri family car trip feels a lot like an episode of *Diners, Drive-ins and Dives*: There's a stylish set of wheels, lots of talk about food and plenty of pit stops along the way. When Guy, his wife, Lori, and sons Hunter, 13, and Ryder, 4, pile into one of the family wagons—whether it's a long haul or just a day trip—they really do believe that getting there can be half the fun.

"You have to pack your trip with experiences," Guy says. When they're headed to one of their favorite Northern California parks or dirt-bike spots, "we look for towns along the way that have character." And no matter how short the trip, no one's allowed to be bored in the backseat—a rule Guy's dad started years ago. "When I was a kid, my dad would say, 'What are you thinking about?' And if I said, 'Nothing,' he'd say, 'What do ya mean? You can't be thinking about nothing!' So we'd play trivia games in the car," Guy says. Today, the chef keeps his own boys entertained by playing "What band is this?" with songs on the car stereo. "Both my boys are hard-core rockers," he says. "It's a battle royal."

Of course, Guy knows that the real key to keeping his clan happy on the road is to keep them well fed. Thus the big cooler of food in back: Guy packs sandwiches and other bites that won't go soggy, plus lots of backup snacks, like fruit and sunflower seeds. "You gotta keep unveiling new stuff," he says.

PORTRAIT: DAVE LAURIDSEN; PROP STYLING: KORINA MCALISTER; GROOMING: ARIEL RAMIREZ. TIRE MARKS: ISTOCKPHOTO.COM.

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All of Guy's nine cars and trucks are yellow or black—including this 1976 Jeep CJ-5, retrofitted with a roll cage and family-friendly five-point seat belts.

"Road trips aren't just about going from point A to point B," Guy says. "You have to pack your trip with experiences."

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“Pack the night before,” Guy says. “Lori and I have it down, who does what.”

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ALE-BRINED ROASTED-TURKEY SANDWICH WITH RED-PEPPER PESTO

ACTIVE: 55 min | TOTAL: 2 hr 40 min | SERVES: 6

FOR THE TURKEY
1 12-ounce bottle beer (preferably IPA or other pale ale)
3 tablespoons coarse-grain dijon mustard
Kosher salt and freshly ground pepper
1 2½-to-3-pound skinless bone-in turkey breast, rinsed and patted dry

FOR THE PESTO
3 large red bell peppers
½ cup fresh basil leaves
2 cloves garlic
¼ cup grated parmesan cheese
¼ cup pine nuts, toasted
¼ teaspoon red pepper flakes
¼ teaspoon anchovy paste
Kosher salt and freshly ground pepper
¼ cup extra-virgin olive oil

FOR THE SANDWICH
¾ cup jarred Italian marinated vegetables (giardiniera), drained
1 1-pound seeded sourdough bread loaf
Shredded lettuce
3 slices provolone cheese

1. Brine the turkey: Combine the beer, mustard and 1 teaspoon each salt and pepper in a 1-gallon resealable plastic bag. Add the turkey, seal the bag and place in a large bowl; refrigerate 45 minutes.

2. Meanwhile, prepare the pesto: Roast the bell peppers on a grill, directly over the flame of a gas burner or under a preheated broiler, turning with tongs, until blackened. Seal the peppers in a plastic bag and let cool at least 10 minutes. Peel the peppers and discard the stems and seeds (do not rinse).

3. Pulse the peppers, basil, garlic, parmesan, pine nuts, red pepper flakes, anchovy paste, ½ teaspoon salt and 1 teaspoon pepper in a food processor until combined. With the motor running, slowly add the olive oil through the feed tube. Adjust the seasoning if necessary. Refrigerate the pesto if not using immediately.

4. Preheat the oven to 375˚. Remove the turkey from the brine (do not rinse) and place on a rack in a shallow roasting pan. Roast until a thermometer inserted into the thickest part of the breast registers 165˚, about 1 hour. Transfer to a cutting board to cool.

5. Assemble the sandwich: Remove the meat from the bone and slice on a diagonal into ½-inch-thick pieces. Roughly chop the marinated vegetables and mix with ¼ cup pesto in a bowl. Slice the bread in half horizontally to make a giant bun. Pull some of the bread out of the inside of the top half to hollow it out. Spread pesto on both halves. Layer the lettuce, provolone, turkey and vegetable-pesto mixture on the bottom half of the bread, then cover with the top half. Wrap tightly with plastic wrap to squeeze the sandwich together. Refrigerate 20 minutes, then slice into pieces.

"The processed stuff from the deli counter doesn't even compare to this homemade roasted turkey," Guy says.

HIBISCUS-LIME TEA

MAKES: 6 drinks

¾ cup dried hibiscus flowers
½ cup agave syrup
Grated zest and juice of 1 lime, plus lime slices for garnish

1. Bring 4 cups of water to a boil in a medium saucepan. Add the hibiscus flowers, agave syrup and lime zest and let steep 7 to 10 minutes.

2. Strain through a sieve into a pitcher, discarding the solids. Add the lime juice, 2 cups cold water and 2 cups ice. Serve over ice and garnish with lime.

FOOD PHOTOS: STEVE GIRALT; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MEGHAN GUTHRIE.

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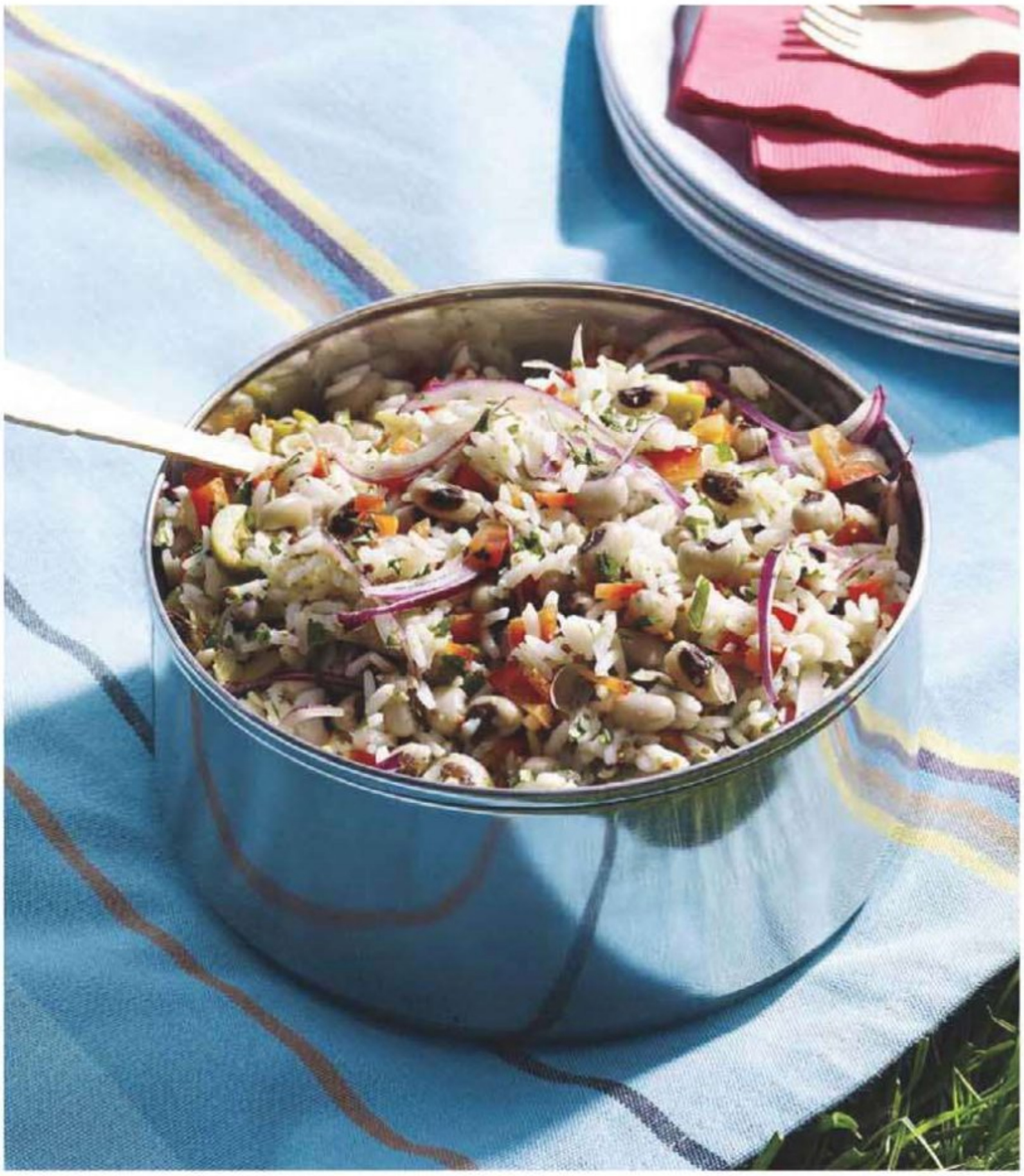

BLONDIES WITH DARK ROOTS

ACTIVE: 15 min | TOTAL: 1 hr 10 min
MAKES: 9 blondies

Cooking spray
1 cup all-purpose flour
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
5⅓ tablespoons (⅓ cup) unsalted butter, at room temperature
3 ounces cream cheese, at room temperature
1 cup packed light brown sugar
1 large egg
1 tablespoon vanilla extract
½ cup chopped hazelnuts
¼ cup sweetened shredded coconut
½ cup dark chocolate chips or chunks

1. Preheat the oven to 350°. Mist an 8-inch-square glass baking dish with cooking spray. Whisk the flour, baking powder, baking soda and salt in a small bowl.
2. Beat the butter and cream cheese in a large bowl with a mixer at medium speed until fluffy. Add the brown sugar and beat 3 to 4 more minutes. Beat in the egg and vanilla. Add the flour mixture and mix on low speed until just combined. Fold in the hazelnuts, coconut and chocolate chips with a wooden spoon.
3. Spread the batter in the prepared pan and bake until a toothpick inserted into the center comes out clean, 35 to 40 minutes. Let cool 20 minutes in the pan before slicing.

BLACK-EYED PEA–BASMATI SALAD

ACTIVE: 25 min | TOTAL: 1 hr 30 min | SERVES: 6

FOR THE SALAD
½ cup dried black-eyed peas, rinsed
Kosher salt
½ cup basmati rice
1 teaspoon minced garlic
¼ cup thinly sliced red onion
½ cup finely chopped red bell pepper
⅓ cup Spanish olives, halved

FOR THE DRESSING
2 tablespoons coarse-grain dijon mustard
4 tablespoons apple cider vinegar
3 tablespoons extra-virgin olive oil
1 tablespoon honey
1 tablespoon chopped fresh cilantro
Kosher salt and freshly ground pepper

1. Prepare the salad: Put the peas in a saucepan with 3 cups water and ½ teaspoon salt. Bring to a boil and cook 4 minutes. Remove from the heat, cover and let sit 1 hour. Drain, then return to the saucepan with 1 cup fresh water. Bring to a simmer and cook, partially covered, until just al dente, about 10 minutes. Let cool in the liquid.
2. Meanwhile, put the rice in another saucepan with 1½ cups water and the garlic. Bring to a simmer, cover and cook 16 minutes. Remove from the heat and let cool, then fluff with a fork.
3. Make the dressing: Whisk the mustard, vinegar, olive oil, honey, cilantro, ½ teaspoon salt and 1 teaspoon pepper in a nonreactive bowl. Adjust the seasoning if necessary.
4. Assemble the salad: Drain the peas and toss with the rice in a large bowl. Add the onion, bell pepper and olives, then add the dressing and toss. Refrigerate until ready to serve.

> **"Unveiling new snacks keeps the kids' minds going," Guy says. So he packs much more than lunch: Fruit, beef jerky and sunflower seeds are always in the car.**

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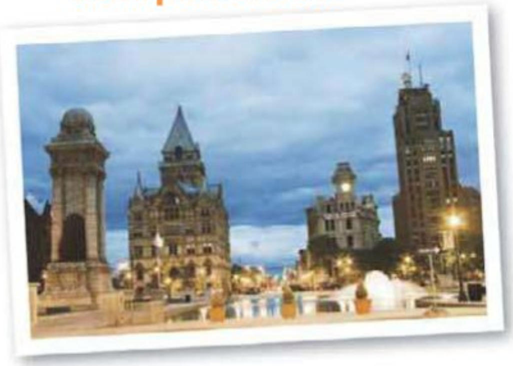
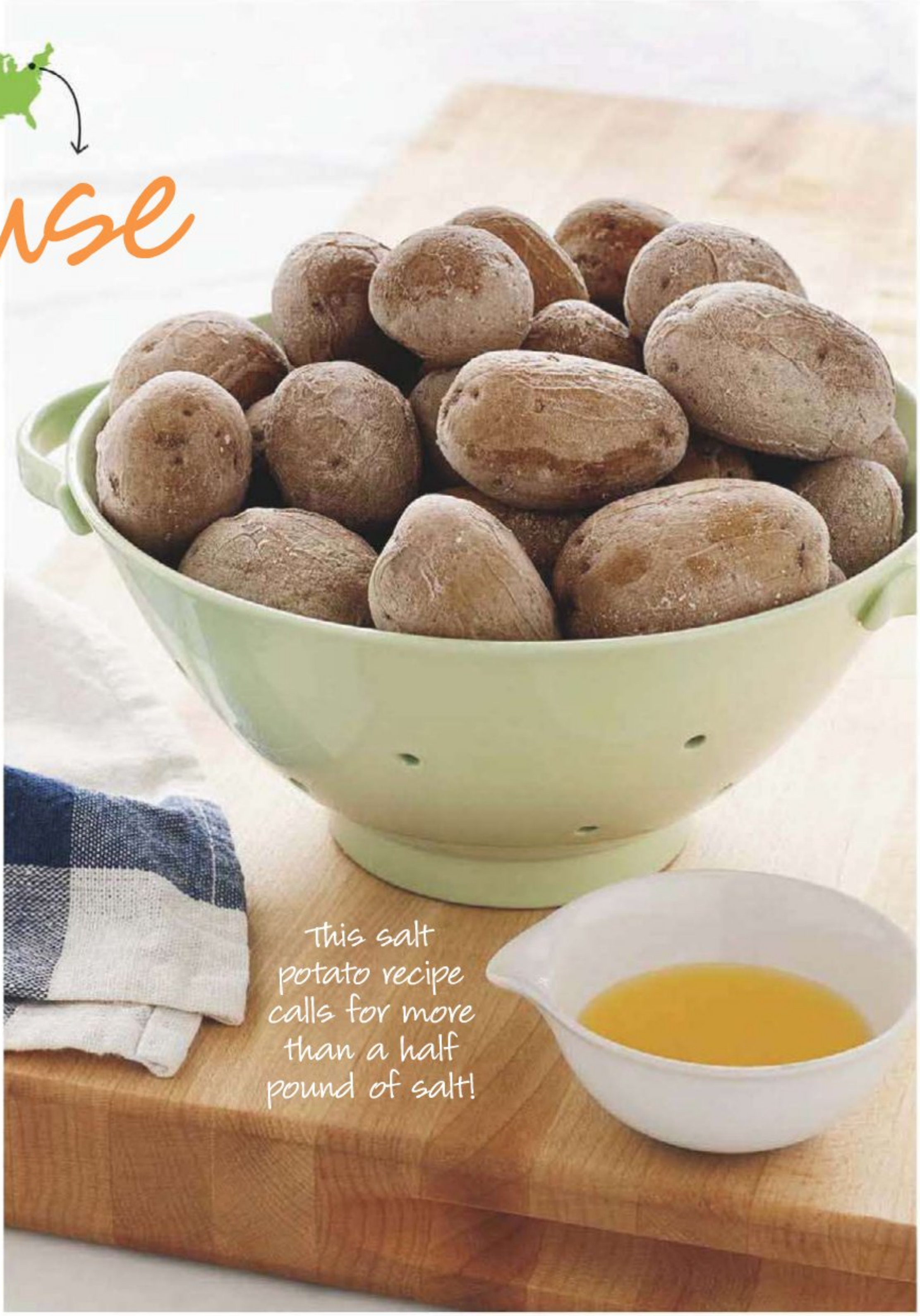
Only in... Syracuse

A cookout here isn't complete without **salt potatoes.**



Syracuse, NY, earned the name "The Salt City" during its days as a salt-producing town in the 1800s, but the nickname could just as easily apply to the town's obsession with its signature side dish: salt potatoes. Nineteenth-century salt workers came up with the idea while boiling giant kettles of briny water to extract salt. They dropped potatoes into the pots to make lunch, and because there was so much salt in the water, the boiling temperature was higher than usual, resulting in a potato with a crunchy crust and super-creamy center. Today, the dish is a summer-cookout staple, and it's a snap to make.



FOOD PHOTO: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN. INSET: ROBERT HARDING PICTURE LIBRARY LTD./ALAMY.

Tater Spots

HINERWADEL'S GROVE
5300 West Taft Rd., Syracuse, NY; hinerwadelsinc.com

THE WATERFRONT TAVERN
204 East River Rd., Brewerton, NY; thewaterfronttavern.com

DINOSAUR BAR-B-QUE
246 West Willow St., Syracuse, NY; dinosaurbarbque.com

SALT POTATOES

ACTIVE: 10 min | TOTAL: 50 min | SERVES: 8

- 4 pounds small potatoes, such as baby Yukon gold
- 2¼ cups kosher salt
- 1 stick unsalted butter

1. Put the potatoes, 8 cups water and the salt in a large pot. Cover and bring to a boil over high heat, then reduce the heat to medium and simmer until the potatoes are fork-tender, about 30 minutes.
2. Drain the potatoes in a colander and shake to remove excess water. Let the skins dry in the colander so that some of the salt crystallizes.
3. Meanwhile, put the butter in a microwave-safe bowl and microwave until melted. Serve the potatoes hot with the butter for dipping.

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My Top Five

Dinner: Impossible star **Robert Irvine** tells us what to eat in South Carolina's Low Country.

Judging by his thick British accent, you wouldn't guess that Robert Irvine spends a lot of time in the South. But the *Dinner: Impossible* host, who travels 300 days a year, fell in love with Hilton Head Island, SC, while visiting friends three years ago, and he bought a place there soon after. He loves the town's quaint look: "Even the McDonald's looks classy," he says. The small island (it's only 42 square miles) has more than 230 eateries, so we asked Robert what we couldn't miss.

1 Osso Buco Milanese
Michael Anthony's Cucina Italiana

Robert can't get enough of this osso buco: The meat falls right off the bone, and it's served over saffron risotto. "It's like you're in old Italy," he says. The dish isn't on the menu, but it pops up as a special at least once a week. And Robert is friends with the owner, so he's usually able to get it if he's in the mood for it. *$32; 37 New Orleans Rd.; michael-anthonys.com*

2 Award-Winning Baby Back Ribs
One Hot Mama's American Grille

There's no shortage of good ribs in the Low Country, but Robert says these are the best. They're rubbed with 16 herbs and spices and roasted for up to four hours before they hit the grill. Robert especially likes the side of warm barbecue sauce. "That's the secret!" he says. "If I go anywhere else, there's never enough bloody sauce!" *$22; 7 Greenwood Dr.; onehotmamas.com*

3 Crème Brûlée French Toast
Stack's Pancakes Restaurant

Although pancakes are the main draw here, Robert prefers the French toast. "It's out of this world," he says. Sourdough bread is soaked in eggs and orange liqueur, griddled, then topped with crème brûlée custard, hot caramel and cinnamon sugar. He hits this spot as many as three times a week. *$8; 2 Regency Pkwy.; stackspancakes.net*

4 Lemon and Raspberry Angel Wing
Signe's Heaven Bound Bakery & Cafe

Robert orders whatever catches his eye at the 30-foot counter, but he usually ends up with a lemon-and-raspberry Danish. "This place gets the Danish right," Robert says. "The owner doesn't cut back on the butter, and that's how I like it." *$2.50; 93 Arrow Rd.; signesbakery.com*

5 Beef Short Ribs
Robert Irvine's Eat!

These short ribs, marinated in hoisin, soy and duck sauces for 48 hours, are Robert's favorite dish at his 16-month-old restaurant, so they will probably stick around, even though the chef changes the menu every five weeks. *$9; 1000 William Hilton Pkwy., Suite B6; eathhi.com*

IRVINE: MARK PETERSON/REDUX. FROM TOP: KAUFMAN PHOTOGRAPHY; DAN CARMODY/STUDIO 7; BILL LITTELL; KATIE GRUBB.

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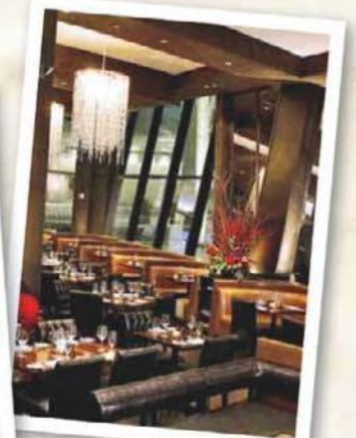

Eva Longoria Parker

BESO

Actress Eva Longoria Parker has plenty of fab collections—shoes, bags, accessories—but we were more interested in hearing about her shelves of cookbooks. "I started with Mexican, but I love French cooking now," she told us. "Tony loves sauces." That would be Tony Parker, the San Antonio Spurs point guard and the *Desperate Housewives* star's husband. One of the couple's favorite meals is tortilla soup, which made it onto the menu at the two Beso restaurants Longoria Parker owns with chef Todd English. The soup isn't a family recipe; she modified the traditional dish on her own. "I've adjusted the recipe over many, many years," she says. "It's light and easy, and you can make it more filling by adding chicken."
$10; 3720 Las Vegas Blvd. South, Suite 260, Las Vegas; besolasvegas.com (above) and 6350 Hollywood Blvd., Los Angeles; besohollywood.com

TORTILLA SOUP

ACTIVE: 25 min | TOTAL: 1 hr 15 min
SERVES: 4 to 6

3 dried mulato or ancho chile peppers
1 tablespoon extra-virgin olive oil
1 onion, sliced
3 cloves garlic, smashed
1 28-ounce can plum tomatoes
1 tablespoon coriander seeds
1 teaspoon ground cumin
8 cups low-sodium chicken broth
2 bay leaves
4 sprigs fresh thyme
Kosher salt
1 to 2 grilled chicken breasts, sliced
¾ to 1 cup crumbled queso fresco
1 avocado, diced
Fresh cilantro
4 corn tortillas, cut into strips and fried
1 to 2 tablespoons sour cream

1. Remove the stems and seeds from the chile peppers. Place in a bowl, cover with hot water and soak until soft, about 20 minutes. Drain the chiles, transfer to a blender and process to make a smooth puree.

2. Heat the olive oil in a large pot over medium heat, then add the onion and garlic and cook until the onion is translucent. Add the tomatoes with their juice, ¼ cup chile puree, the coriander seeds and cumin and cook about 5 minutes. Add the broth, bay leaves and thyme and bring to a boil, then reduce to a simmer and cook about 30 minutes. Strain the broth through a medium-mesh strainer into another pot, discarding the solids. Season with salt.

3. Place a small amount of chicken, queso fresco, avocado, cilantro, fried tortilla strips and sour cream in each bowl, then pour about 1 cup hot broth around the garnishes.

FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAM MORRIS. LONGORIA PARKER: JOHN SHEARER/GETTY IMAGES; BESO: BRIAN BROWN/BRIAN BROWN PHOTOGRAPHY.

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CHOPPED ICEBERG WEDGE

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 4

1 cup mayonnaise
¼ cup ketchup
2 tablespoons horseradish
1 or 2 dashes Worcestershire sauce
Kosher salt
6 thick strips smoked bacon, cut into 1-inch pieces
1 head iceberg lettuce
6 cherry tomatoes, halved
4 scallions, thinly sliced
½ cup crumbled blue cheese
Freshly ground pepper
1 tablespoon chopped fresh parsley

1. Make the dressing: Whisk the mayonnaise, ketchup, horseradish, Worcestershire sauce and salt to taste in a small bowl until smooth.

2. Cook the bacon in a skillet over medium heat until crisp, then transfer with a slotted spoon to a paper-towel-lined plate to drain.

3. Roughly chop the lettuce, then toss with some of the dressing in a serving bowl. Top with the tomatoes and scallions. Scatter the bacon and blue cheese over the salad; season with pepper and sprinkle with the parsley. Serve with more dressing on the side.

Zach Braff

THE MERMAID OYSTER BAR

As a regular at The Mermaid Inn on New York City's Upper West Side, actor Zach Braff always ordered the restaurant's signature salad, the Iceberg Wedge. Though he loved the flavors, he found the quarter-head of lettuce difficult to eat. So when Braff partnered with the chef, childhood friend Laurence Edelman, to open a sister restaurant, The Mermaid Oyster Bar, downtown, he requested that the salad come over, too—and that it be chopped. *$10; 79 MacDougal St., New York City; themermaidnyc.com*

BRAFF: JORDAN STRAUSS/GETTY IMAGES. THE MERMAID OYSTER BAR: MELISSA HOM.

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Ludacris

STRAITS ATLANTA

Rapper-actor Chris "Ludacris" Bridges met Chris Yeo, a chef with Singaporean roots, at a charity event in 2007, and soon after, the two opened a restaurant in Atlanta, where Ludacris lived during high school and college. The focus is on Singaporean food, which Yeo describes as a blend of Malaysian, Indonesian, Chinese and Indian cuisines, but Ludacris made sure the menu included his childhood favorite: okra. "We wanted to add some Southern influence," Ludacris says. At Straits, the regional staple is fried and served with a chili sauce.
$9; 793 Juniper St. N.E., Atlanta; straitsatl.com

WOK-FIRED OKRA SAMBAL

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 4

2 tablespoons peanut or vegetable oil, plus more for frying
¼ cup sambal oelek (Asian chili paste)
Kosher salt
½ cup sugar
2 pounds okra, trimmed and cut on the bias into 2-to-3-inch pieces
1½ teaspoons oyster sauce
Freshly ground pepper
1 to 2 tablespoons fried shallots
Julienned red fresno or jalapeño chile pepper, for topping

1. Heat the peanut oil in a wok or skillet over medium heat. Add the chili paste and fry, stirring, about 3 minutes. Add 2 tablespoons salt and all but 1 teaspoon of the sugar and cook until the sugar begins to caramelize, about 5 minutes.
2. Heat about 4 inches peanut oil in a medium pot over medium-high heat until a deep-fry thermometer registers 375°. Working in batches, fry the okra until bright green, about 30 seconds, then remove with a wire skimmer or slotted spoon and shake off the excess oil. Add the okra to the wok with the chili sauce and toss about 1 minute. Add the oyster sauce, ½ teaspoon pepper and the remaining 1 teaspoon sugar and toss 30 more seconds. Transfer to a serving bowl and top with the shallots and chile pepper.

LUDACRIS: TOBY CANHAM/GETTY IMAGES. STRAITS: IAIN BAGWELL.

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Justin Timberlake

SOUTHERN HOSPITALITY BBQ

The pecan pie at this barbecue joint isn't from just any grandma. It's from Justin Timberlake's Granny Sadie, who cooked for him when he was growing up in Memphis. Timberlake opened the restaurant with his friends so he'd have a New York City hangout that reminded him of home, and he insisted that the pie be on the menu. "If it's not [Granny's] recipe, I don't want it," he said. To get the recipe, a staffer told us, Timberlake promised to mow Granny's lawn "for, like, eight years."

$7; 1460 Second Ave., New York City; southernhospitalitybbq.com

BOURBON-FLAVORED PECAN PIE

ACTIVE: 20 min | TOTAL: 1 hr 5 min (plus cooling)
MAKES: 4 mini pies

- ¾ cup sugar
- ½ cup dark corn syrup
- 2½ tablespoons unsalted butter, cut into cubes
- 1½ teaspoons vanilla extract
- 1½ teaspoons bourbon
- ¼ teaspoon kosher salt
- 2 large eggs
- Cooking spray
- 1 sheet refrigerated pie dough (half of a 15-ounce package)
- 1 cup pecan pieces
- Whipped cream, for serving (optional)

1. Preheat the oven to 350°. Stir the sugar and corn syrup in a saucepan over medium heat until the sugar melts. Remove from heat. Add the butter and let melt, slowly stirring with a rubber spatula to keep the mixture from getting foamy. Gently stir in the vanilla, bourbon and salt.
2. Whisk the eggs in a medium bowl. Gradually add the sugar mixture, whisking until incorporated.
3. Lightly mist four 4-inch individual pie pans with cooking spray. Unfold the pie dough and cut into quarters; press each piece into a pan and crimp the edges with your fingers. Place on a baking sheet. Divide the pecans evenly among the pie shells and pour the filling on top.
4. Bake the pies until golden and firm, about 45 minutes. Cool completely on a rack, then carefully remove from the pans. Serve with whipped cream, if desired.

TIMBERLAKE: SARA DE BOER/RETNA LTD. SOUTHERN HOSPITALITY BBQ: CHRIS RUSSELL.

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The Winner Is...

The secret ingredient was...pickles!

A Texas reader's twist on **chips and dip** came out on top in our pickle-themed contest.

Danica Preston of San Antonio turned pickles into crunchy chips.

Pickles are much more than just a sandwich accessory—or so we learned from our March 2010 recipe contest. Danica Preston of San Antonio turned her favorite childhood snack, crisp dill pickles right out of the jar, into a grown-up party food: pickle chips. She coated thick slices in crushed pretzels and fried them for extra crunch. Even Danica's anti-pickle boyfriend found the salty chips and smoky dipping sauce addictive. "They'd be the best bar snack," she says.

PRETZEL-CRUSTED PICKLE CHIPS WITH MUSTARD SAUCE

ACTIVE: 20 min | TOTAL: 20 min
SERVES: 4 to 6

FOR THE SAUCE

1 ¼-inch-thick slice red onion, finely diced
3 tablespoons spicy brown mustard
1½ tablespoons yellow mustard
3 tablespoons mayonnaise
½ teaspoon paprika
¾ teaspoon garlic powder
Kosher salt

FOR THE CHIPS

Vegetable oil, for frying
6 large dill pickles, sliced diagonally into ¼-inch-thick rounds
2 cups salted mini pretzels
2 large eggs
½ cup all-purpose flour
Celery salt, for sprinkling (optional)

1. Make the sauce: Mix the onion, both mustards, the mayonnaise, paprika, garlic powder and salt to taste in a bowl. Set the sauce aside.
2. Make the chips: Heat ½ inch vegetable oil in a large skillet over medium heat. Gently pat the pickle slices dry with a paper towel.
3. Put the pretzels in a large resealable plastic bag and crush into coarse crumbs using a rolling pin or heavy pan; transfer to a plate. Whisk the eggs in a shallow bowl and put the flour in another bowl. Dredge the pickle slices in the flour, shaking off any excess; dip in the beaten eggs, then dip in the pretzel crumbs, turning to coat. Working in batches, fry the pickles until golden and crisp, about 1 minute per side. Drain on paper towels and sprinkle with celery salt, if desired. Serve warm with the mustard sauce.

RECIPE PHOTO: YUNHEE KIM; FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAM MORRIS; PICKLES: CHARLES MASTERS; PORTRAIT: ROBERT MILLS.

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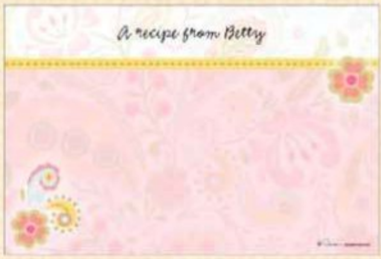

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Cook With... Beer!

Enter this month's home-cook recipe battle and you could **win $500** toward foodnetworkstore.com.

1. Think like an Iron Chef and dream up a dish using this month's **secret ingredient.**
2. Enter your **original recipe** at foodnetwork.com/recipecontest by June 11, 2010.
3. See if the judges pick your dish—the winner will appear in an **upcoming issue.**

NO PURCHASE NECESSARY. The Secret-Ingredient Recipe Contest is sponsored by Hearst Communications, Inc. To enter, go to foodnetwork.com/recipecontest and submit a recipe of your own creation along with your name, address, telephone number and e-mail address. Contest begins 12 a.m. ET May 18, 2010, and ends 11:59 p.m. ET June 11, 2010. Must be 18 years or older and a resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec province and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/recipecontest.

PHOTO: CHARLES MASTERS; FOOD STYLING: VIVIAN LUI.

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